

Monday

Tuesday

Wednesday

Thursday

Friday

*Elementary
**High School

		<p>Cereal 1 Fruit Choice Juice Choice Milk</p>	<p>Biscuits/Gravy 2 Fruit Choice Juice Choice Milk</p>	<p>Frudel Bars 3 Fruit Choice Juice Choice Milk</p>
<p>Yogurt Parfait 6 Fruit Choice Juice Choice Milk</p>	<p>Egg/Toast 7 Fruit Choice Juice Choice Milk</p>	<p>Cereal 8 Fruit Choice Juice Choice Milk</p>	<p>French Toast Sticks 9 Fruit Choice Juice Choice Milk</p>	<p>Cinnamon Streusel Cake 10 Fruit Choice Juice Choice Milk</p>
<p>Assorted Muffins 13 Fruit Choice Juice Choice Milk</p>	<p>Breakfast Sandwich 14 Fruit Choice Juice Choice Milk</p>	<p>Cereal 15 Fruit Choice Juice Choice Milk</p>	<p>Pancake on a Stick 16 Fruit Choice Juice Choice Milk</p>	<p>Banana Bread 17 Fruit Choice Juice Choice Milk</p>
<p>Breakfast Pizza 20 Fruit Choice Juice Choice Milk</p>	<p>Cinnamon Roll 21 Fruit Choice Juice Choice Milk</p>	<p>Cereal 22 Fruit Choice Juice Choice Milk</p>	<p>No School 23 Thanksgiving Break</p>	<p>No School 24 Thanksgiving Break</p>
<p>No School Teacher In-Service 27</p>	<p>Cream Cheese Bagels 28 Fruit Choice Juice Choice Milk</p>	<p>Cereal 29 Fruit Choice Juice Choice Milk</p>	<p>French Toast Sticks 30 Fruit Choice Juice Choice Milk</p>	

Breakfast is free to all students if they take the required items. Breakfast include choice of fruits/veggies, meat/ meat alternates, grain, & milk. Must choose 3 items, one being fruit or veggie, to count as a complete breakfast. Grains are at least 51% whole grain. Milk is low-fat or fat free plain or fat free flavored
Fresh and/or canned fruits and 100% fruit juices are offered every day.
Cold cereal is offered every day

Monday

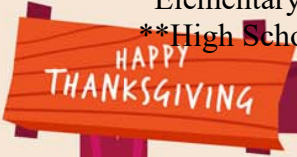
Tuesday

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**High School



Pasta with Meat Sauce **6**
Garlic Bread
Seasoned Peas
Fruit Choice
Cheese Stick

Hot Dog/Bun **7**
Potato Wedges
Cooked Carrots
Fruit Choice

Cheese Calzone **1**
Dipping Sauce
Green Beans
Fruit Choice

Chili **2**
Corn Bread
Cheese Stick
California Blend
Fruit Choice

Sub Sandwiches **3**
Assorted Topping
Corn
Chips
Fruit Choice

Early Out

Tacos **8**
Tortilla Shell
Assorted Topping
Fiesta Beans
Fruit Choice

Mac & Cheese **9**
Dinner Roll
Steamed Broccoli
Fruit Choice
Apple Crisp

Orange Chicken **10**
Fried Rice
Stir Fry Veggies
Mandarin Oranges

Popcorn Chicken **13**
Mashed Potatoes/Gravy
Corn
Fruit Choice
Dinner Roll

Cheesy Omelet **14**
Cinnamon Roll
Cooked Carrots
Orange Juice
Fruit Choice

Hot Ham and Cheese **15**
Scalloped Potatoes
Seasoned Peas
Fruit Choice

Pizza **16**
Green Beans
Fruit Choice

Roast Turkey **17**
Mashed Potatoes/Gravy
Stuffing
Corn
Fruit Choice
Dinner Roll

Chicken Alfredo **20**
Rotini Noodles
Steamed Broccoli
Fruit Choice
Breadstick

Italian Dunkers **21**
Dipping Sauce
Cooked Carrots
Fruit Choice
Apple Crisp

Chicken Patty/ Bun **22**
Baked Beans
Cole Slaw
Fruit Choice

No School **23**
Thanksgiving Break

No School **24**
Thanksgiving Break

No School **27**
Teacher In-Service

Chicken Strips **28**
Mashed Potatoes
Gravy
Corn
Fruit
Dinner Roll

Hamburger/WG Bun **29**
Oven Fries
California Blend
Fruit Choice

Nachos **30**
Seasoned Beef
Fiesta Beans
Fruit Choice



Lunch Notes: All breads are a minimum of 51% whole grain. Salad dressings are all fat free or light. Milks are low fat or fat free. Fresh and canned fruits are available every day. Meals are free for students ONLY if they take the required components. A complete meal consists ½ C of fruit or veggie plus 2 more full meal components. If not taking a complete meal you will be charged ala carte prices.