



NOVEMBER LUNCH CALENDAR 2022

<p>31  Ghost Grilled Cheese, Chicken BOOdle soup, Scraesar salad. Treat!</p>	<p>1 Popcorn Chicken, Vegetable Rice, Carrots, assorted sauces</p>	<p>2 Hot Dog, Whole Grain bun, Baked Beans, assorted Chips</p>	<p>3 Fish Sticks, Smiley Fries, peas, fruit, milk</p>	<p>4 Pizza, optional pepperoni, assorted chips, green beans</p>
<p>7 Hamburger or cheeseburger, sweet potato french fries, green beans</p>	<p>8 NO SCHOOL P.D. Day</p>	<p>9 Mozzarella Sticks, buttered noodles, marinara sauce, Chickpea salad</p>	<p>10 Chicken Quesadilla, Corn, garden salad, lite sour cream, salsa</p>	<p>11 </p>
<p>14 Grilled Cheese, Tomato soup, potato salad, assorted chips, pickles</p>	<p>15 Taco Tuesday! Hard or soft Lettuce, cheese, sour cream, salsa, chickpea salad</p>	<p>16 Spaghetti with or without sauce, meatballs, w.g garlic knot, garden salad</p>	<p>17 1/2 NO LUNCH SERVED</p>	<p>18 NO SCHOOL PARENT-TEACHER CONFERENCE</p>
<p>21 Ham & Cheese Sand. Assorted Chips, pickles, Carrot sticks, ranch cup</p>	<p>22 Popcorn Chicken, Smiley F.F., green beans, assorted sauces</p>	<p>23 ½ DAY NO LUNCH SERVED</p>	<p></p>	<p>24 NO SCHOOL</p>
<p>28 American Chop Suey, green beans, w.g. roll</p>	<p>29 Corn Dogs, chili, broccoli</p>	<p>30 Birthday Day! Chicken Sand, Smiley F.F., corn</p>	<p>1 Chicken Fajitas Lite sour cream, salsa, carrots</p>	<p>2 Brunch For lunch, Pancakes, sausage, tater tots, juice</p>

Companion Bags everyday will include at least one of each of the following:	Assorted Fruit/Vegetable	Milk Chocolate 8 oz-fat free White 8 oz	Protein Ex: Cheese stick, cheese cup, yogurt, chili	Grain Ex: Assorted Pretzels, crackers, Muffin, nutrigrain bar, zeezee bar
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All meals served with a fruit, vegetable and 8 oz choice of milk

BREAKFAST

*****Due to the high demand of products every day a cereal listed will be given, but we can not assure what cereal and grain is given on what day. Also menus will be subject to change due to availability issues.

Trix : Cocoa Roos : Frosted Flakes : Cinnamon Toast Crunch : Marshmallow Mateys, fruity cheerios asst.Nutrigrain bars, asst Poptarts, Apple or Strawberry Delights, Zee Zee Apple Bars or assorted muffins. * All whole grain and meet the NSLP standards.

***Starting Wednesday, September 7th, EVERY Wednesday students will have a HOT breakfast Item if they wish.

- 10/5- Rainbow Bagels with butter or cream cheese
- 10/12- Pancakes with syrup cup
- 10/19- Bagels with butter or cream cheese
- 10/26- English muffins with butter or assorted jelly

BREAKFAST MENU:

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
cereal, grain, juice or fruit, cheese stick, asst yogurt, and milk	cereal, grain, juice or fruit, cheese stick, asst yogurt, and milk	cereal, grain, juice or fruit, cheese stick, asst yogurt, and milk	cereal, grain, juice or fruit, cheese stick, asst yogurt, and milk	cereal, grain, juice or fruit, cheese stick, asst yogurt, and milk

- THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

