




# November 2022



	<b>1</b> <b>Cinnamon Waffle</b> Grilled Hamburger Chips Cookie	<b>2</b> <b>Cereal</b> Spaghetti Garlic Bread Green Beans	<b>3</b> <b>Muffin &amp; Yogurt</b> Sweet & Sour Chicken Steamed Broccoli Brown Rice	<b>4</b> <b>NO SCHOOL</b>
<b>7</b> <b>Strawberry Bagel</b> Grilled Chicken Sandwich French Fries Ice Cream	<b>8</b> <b>Pancake Wrap</b> Taco Salad Steamed Corn Churro	<b>9</b> <b>Chocolate Chip French Toast</b> Sloppy Joe French Fries Ice Cream	<b>10</b> <b>Sausage &amp; Biscuit</b> Chicken Alfredo Steamed Broccoli Dinner Roll	<b>11</b> <b>Blueberry Waffle</b> Grilled Hotdog Baked Beans Steamed Peas
<b>14</b> <b>Egg &amp; Cheese Biscuit</b> Max Cheese Sticks Marinara Sauce Green Beans Chocolate Pudding	<b>15</b> <b>Long John</b> Deli Sandwich Chips Cookie	<b>16</b> <b>Chocolate Chip French Toast</b> Chicken Patty Sandwich French Fries Steamed Peas	<b>17</b> <b>Tornado</b> Pizza Steamed Corn Jello	<b>18</b> <b>Cinnamon Roll</b> Chicken Fried Steak Mashed Potatoes Gravy Dinner Roll
<b>21</b> <b>Apple Frudel</b> BBQ Pork Sandwich OR Grilled Chicken Sandwich Fries Steamed Peas	<b>22</b> <b>Pancake Wrap</b> Pizza Burger Corn Jello	<b>23</b> <b>NO SCHOOL</b>	<b>24</b> 	<b>25</b> <b>NO SCHOOL</b>
<b>28</b> <b>Pancake Wrap</b> Chili OR Chicken Noodle Soup Cinnamon Roll	<b>29</b> <b>Cinnamon Breadstick</b> Chicken Nuggets Mashed Potatoes Gravy Dinner Roll	<b>30</b> <b>Cereal</b> French Toast Sticks Sausage/ Egg Tri Tater 100% Juice		

**NOTES:**

All grains are whole grain rich.

Fresh Fruit and vegetable bar offered daily with lunch.

A variety of fruit and juice is offered daily with breakfast.

A variety of low-fat and fat-free milk is offered daily with breakfast and lunch.

All beef is donated and locally raised.

**Menu is subject to change without notice.**

