

November Savor the Flavor Menu

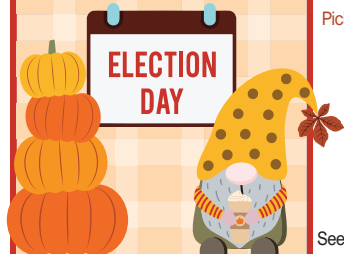
MIDDLE SCHOOL MENU CHOICES

BREAKFAST: Entrée,
Fruit, Juice, Milk

LUNCH: Entrée,
Veggie (Pick 2), Fruit, Milk

* Indicates pork product
+ Possible trace of sesame due to manufacturer
++ Possible trace of tree nuts due to manufacturer

Choice of milk with breakfast & lunch
• 1% White
• Lactose-Free
• Fat-Free Chocolate
• Soy Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 French Toast Sticks OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk Chicken Nuggets w/Homemade Roll Italian Salad* Yogurt Combo Nacho Box Mashed Potatoes w/Gravy Broccoli w/Cheese Celery Sticks & Crispy Carrots Granny Smith Apple OR Sliced Pears	School Holiday  ELECTION DAY	4 Biscuit & Sausage* OR Pick 2: Cereal, Yogurt or Nutrigrain Bar Fruit, Juice & Milk Frito Pie w/Cheese & Cornbread Italian Salad* Yogurt Combo WOW Sandwich Combo+ Ranchero Beans Mixed Green Salad w/Ranch Cucumber Slices w/Tajin Seedless Grapes OR Natural Applesauce	5 Homemade Cinnamon Roll OR Pick 2: Cereal, Yogurt or Banana Muffin Fruit, Juice & Milk Spaghetti w/Meat Sauce or Marinara & Cheesy Bread Spicy Chicken Salad WOW Sandwich Combo+ Spicy Chicken Wrap w/Ranch Savory Green Beans Tossed Salad w/Ranch Cucumber & Jicama Sticks w/Tajin Sliced Apples OR Fruit Cocktail	6 National Nacho Day! Waffle Breakfast Sandwich OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk Beef & Cheese Nachos Asian Chicken Salad Yogurt Combo Nacho Box Mexican Street Corn Zesty Tomatoes & Cucumbers Crispy Carrots w/Dip Orange Smiles OR Sour Watermelon Raisins
9 Sunrise Egg, Sausage & Potato Bowl* OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk Chicken & Waffles Italian Salad* Yogurt Combo Nacho Box Sweet Potato Fries Cucumber Slices w/Tajin Celery Sticks & Grape Tomatoes Fresh Watermelon OR Natural Applesauce	10 Bacon & Egg Taco* OR Bean & Cheese Taco OR Pick 2: Cereal, Yogurt or Cereal Bar Fruit, Juice & Milk Fettuccine Chicken Alfredo w/Garlic Bread Crispy Chicken Salad Hummus & Cheese Bento Box Breaded Chicken Wrap w/Boss Sauce Savory Green Beans Hummus & Celery Raw Veggie Medley w/Dip Seedless Grapes OR Sliced Pears	11 Biscuit & Sausage* OR Pick 2: Cereal, Yogurt or Nutrigrain Bar Fruit, Juice & Milk Crispy Beef Tacos w/Spanish Rice Italian Salad* Yogurt Combo WOW Sandwich Combo+ Ranchero Beans Taco Trimmings Crispy Carrots & Grape Tomatoes Sliced Apples OR Sliced Peaches	12 Pumpkin Bread OR Pick 2: Cereal, Yogurt or Banana Muffin Fruit, Juice & Milk General Tso Chicken+ w/Fried Rice Spicy Chicken Salad WOW Sandwich Combo+ Spicy Chicken Wrap w/Ranch Savory Green Peas Cucumber & Jicama Sticks w/Tajin Celery Sticks & Crispy Carrots Fresh Banana OR Strawberry Applesauce	13 Sausage Kolache* OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk BYO Beef or Chicken Burrito Bowl Asian Chicken Salad Yogurt Combo Nacho Box Mexican Street Corn Burrito Bowl Trimmings Crispy Carrots w/Dip Gala Apple OR Fruit Cocktail
16 National Homemade Bread Day! Pancake Sausage Bites OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk Chicken Tenders w/Homemade Roll Italian Salad* Yogurt Combo Nacho Box Mashed Potatoes w/Gravy Broccoli Salad* Crispy Carrots w/Dip Orange Smiles OR Sliced Pears	17 Sausage* Potato & Egg Taco OR Bean & Cheese Taco OR Pick 2: Cereal, Yogurt or Cereal Bar Fruit, Juice & Milk Meatza Pizza* OR Cheese Pizza Crispy Chicken Salad Hummus & Cheese Bento Box Breaded Chicken Wrap w/Boss Sauce Savory Green Beans Mixed Green Salad w/Ranch Red Bell Pepper & Crispy Carrots Fresh Watermelon OR Strawberries w/Cream	18 Biscuit & Chicken OR Pick 2: Cereal, Yogurt or Nutrigrain Bar Fruit, Juice & Milk Beef & Cheese or Cheese Nachos Italian Salad* Yogurt Combo WOW Sandwich Combo+ Ranchero Beans Variety of Fresh Veggies Variety of Fresh Fruit	19 Thanksgiving Feast! Blueberry Muffin & Sausage* OR Pick 2: Cereal, Yogurt or Banana Muffin Fruit, Juice & Milk Roasted Turkey w/Homemade Roll & Cornbread Dressing Spicy Chicken Salad WOW Sandwich Combo+ Spicy Chicken Wrap w/Ranch Mashed Potatoes w/Gravy Pumpkin Pie Square Variety of Fresh Veggies Variety of Fresh Fruit	20 Donut Holes & Sausage* OR Pick 2: Cereal, Yogurt or Pop Tart Fruit, Juice & Milk BBQ or Buffalo Boneless Wings w/Mac N Chz Asian Chicken Salad Yogurt Combo Nacho Box Savory Green Peas Variety of Fresh Veggies Variety of Fresh Fruit

Happy Thanksgiving

30

Slush Day!

French Toast Sticks OR
Pick 2: Cereal, Yogurt or Pop Tart
Fruit, Juice & Milk

Meatza Pizza* OR Cheese Pizza
Italian Salad*
Yogurt Combo
Nacho Box

Broccoli w/Cheese
Variety of Fresh Veggies
Celery Sticks & Crispy Carrots
Gala Apple OR **Mango Slush**



**School Nutrition
Services is hiring
\$14.11 hour starting**



Menu subject to change
No fees for cash or checks paid directly to the cafeteria

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