



MENU

NOVEMBER

TREE OF LIFE INTERNATIONAL CHARTER SCHOOL

BREAKFAST: SAUSAGE & CHEESE BISCUIT FRUIT LUNCH: MAC & CHEESE SALAD BAR GREEN BEANS, FRUIT	03	BREAKFAST: STRAWBERRY & YOGURT PARFAIT LUNCH: BAKED POTATO BAR DINNER ROLL FRUIT	04	BREAKFAST: HOMEMADE MUFFIN DRIED CHERRIES LUNCH: FRENCH DIP SANDWICH BAKED BEANS COLESLAW, FRUIT	05	BREAKFAST: BISCUITS & GRAVY FRUIT LUNCH: EGG MCMUFFIN HASHBROWN SALAD BAR, FRUIT	06	BREAKFAST: BAGEL & CREAM CHEESE FRUIT LUNCH: PAPA MURPHY'S PIZZA SALAD BAR FRUIT SALAD	07
BREAKFAST: SAUSAGE & CHEESE BISCUIT FRUIT LUNCH: PULLED PORK SANDWICH SALAD BAR FRUIT	10	NO SCHOOL	11	BREAKFAST: HOMEMADE MUFFIN FRUIT LUNCH: CHICKEN NUGGETS & FRIES SALAD BAR FRUIT	12	BREAKFAST: EGGS & TOAST FRUIT LUNCH: TURKEY, RICE, & BLACK BEAN BURRITO SALAD BAR FROZEN FRUIT CUP	13	BREAKFAST: PANCAKES FRUIT LUNCH: HAM & CHEESE MELT SALAD BAR, FRUIT SALAD HAPPY BIRTHDAY TREAT	14
BREAKFAST: SAUSAGE & CHEESE BISCUIT FRUIT LUNCH: ORANGE CHICKEN & RICE STEAMED BROCCOLI SALAD BAR, FRUIT	17	BREAKFAST: COOK'S CHOICE LUNCH: COOK'S CHOICE	18	BREAKFAST: HOMEMADE MUFFIN FRUIT LUNCH: CHICKEN QUESADILLA REFRIED BEANS SALAD BAR, FRUIT	19	BREAKFAST: BISCUITS & GRAVY FRUIT LUNCH: TURKEY GRAVY & MASHED POTATOES DINNER ROLL, FRUIT SALAD PUMPKIN PUDDING	20	NO SCHOOL	21
NO SCHOOL	24	NO SCHOOL	25	NO SCHOOL	26	NO SCHOOL	27	NO SCHOOL	28
Menus are subject to change This institution is an equal opportunity provider. Student meals provided at no charge									

Breakfast: *Optional breakfast is cereal & crackers*
 All breakfasts include the following components: 2 Oz. Grains, 1 Cup Fruit & 1 Cup Milk

Lunch: All lunches include the following components: 1 Cup Milk, 1-2 Oz. Meat/Meat Alt., 1-2 Oz Grains, Fruit, & vegetables

**FRENCH DIP SANDWICH ON 11/5
 MADE BY SEMPER-FI CATERING!**

Happy Birthday
 to everyone with a birthday in November!
 Birthday treat comes with hot lunch only

