

NOVEMBER 2016 MENU

	1 Ham and eggs Lowfat Yogurt Cold Cereal Juice/Milk Chicken Alfredo Salad Fruit Milk	2 Hashbrowns and eggs Lowfat Yogurt Cold Cereal Juice/Milk Sloppy Joe Veggie Fruit Milk	3 Pancakes Lowfat Yogurt Cold Cereal Juice/Milk Chicken Soup Biscuit Fruit Milk	4 Eggs and Sausage Lowfat Yogurt Cold Cereal Juice/Milk Tater Tot casserole Veggie Fruit Milk Community Fall Dinner 5-7pm
7 Muffin & eggs Lowfat Yogurt Cold Cereal Juice/Milk Pizza Pinwheels Veggie Fruit Milk	8 Waffles Lowfat Yogurt Cold Cereal Juice/Milk Vegetable Soup Roll Fruit Milk Veteran's Day Assembly	9 Breakfast Burrito Lowfat Yogurt Cold Cereal Juice/Milk EARLY RELEASE CONFERENCES	10 Breakfast sandwich Lowfat Yogurt Cold Cereal Juice/Milk EARLY RELEASE CONFERENCES	11 VETERANS DAY NO SCHOOL 
14 Bagel and Sausage Lowfat Yogurt Cold Cereal Juice/Milk Hamburgers Salad Fruit Milk	15 Winter Oatmeal Lowfat Yogurt Cold Cereal Juice/Milk Potato Soup/Grilled Cheese Salad Fruit Milk	16 Breakfast Sandwich Lowfat Yogurt Cold Cereal Juice/Milk Macaroni and Cheese Salad Fruit Milk	17 Eggs and Sausage Lowfat Yogurt Cold Cereal Juice/Milk Teriyaki Chicken Rice Fruit Milk	18 Waffles Lowfat Yogurt Cold Cereal Juice/Milk Turkey Sub Sandwich Salad Fruit Milk
21 Hashbrowns & Sausage Lowfat Yogurt Cold Cereal Juice/Milk Chicken Strips Veggie Fruit Milk	22 Breakfast sandwiches Lowfat Yogurt Cold Cereal Juice/Milk Turkey and Roll Mashed Potatoes and Gravy Veggie Milk	23 	24 Thanksgiving Break	
28 Muffin and Egg Lowfat Yogurt Cold Cereal Juice/Milk Hamburgers Veggie Fruit Milk	29 winter Oatmeal Lowfat Yogurt Cold Cereal Juice/Milk Chicken Noodle soup Roll Fruit Milk	30 Pancakes Lowfat Yogurt Cold Cereal Juice/Milk Lasagna Veggie/breadstick Fruit Milk		

This Institution is an equal opportunity provider.
Menu is subject to change due to availability of ingredients.