



LUNCH

NOVEMBER 2020

Monday

2
Meatball Sub
Mozzarella Cheese
Cottage Cheese
Grape Tomatoes
Fruit
Milk

9
Hot Dog
Bun
Sweet Potatoes Puffs
Cottage cheese
Chips
Milk
*Ketchup/ Mustard, relish

16
Cheeseburger
Baked Beans
Fries
Fruit
Milk

23
Baked Potato Bar
Cheese, Ham,
Broccoli, Bacon
Butter, Sour Cream
Fruit
Milk

30
Fish Sticks with Tartar Sauce
Or Shrimp
Broccoli
Cheese Stick
Fruit
Milk

Tuesday

3
No School

10
Nachos Supreme
Chips, Meat, Lettuce, Tomato
Cheese, Sour Cream, Peppers
Rice
Black Beans
Fruit
Milk

17
Cheese Quesadillas
Salsa with chips
Fruit
Milk
*Sour Cream

24
Crazy Walking Taco
Bag of Chips & Taco Meat
Cheese, Lettuce, Tomato
Refried Beans with Cheese
Fruit
Milk
* Sour Cream

Wednesday

4
McChicken Sandwich
Chicken, lettuce, bun
Roasted chickpeas
Corn
Fruit
Milk

11
Orange Chicken
Vegetable Brown Rice
Egg Roll
Fortune Cookie
Fruit
Milk

18
Chicken Parmesan Sandwich
Chicken, Marinara sauce,
mozzarella, cheese, bun
Green Peas
Fruit
Milk

25
No School

Thursday

5
Turkey Bacon Flatbread
Turkey, Bacon, Cheese Slice
Cucumber,
Sun Chips
Fruit
Milk
*Ketchup, Mustard, Mayo

12
Rotini Pasta
Green Beans
Garlic Bread
Fruit
Milk

19
Pretzel with Cheese
Strawberry Yogurt
Green Peppers w/ Ranch
Fruit
Milk

26
No School

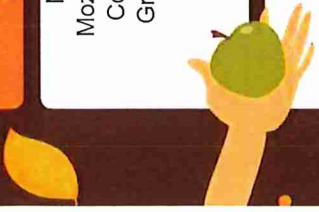
Friday

6
Stuff Crust Pizza
Broccoli
Cookie
Fruit
Milk

13
Early Out
NO Lunch

20
Sausage Pizza
Lettuce
Fruit
Rice Crispy Treat
Milk

27
No School





BREAKFAST

NOVEMBER 2020

Monday

2
Dutch Waffle
w/ Strawberries
***** OR *****
Cereal w/Milk and cheese stick
Juice Cup or Fruit

9
Pancake on a Stick
Yogurt
***** OR *****
Cereal w/Milk and Cheese Stick
Juice Cup or Fruit

16
Honey Bun, Cheese Stick.
***** OR *****
Cereal w/Milk and Cheese Stick
Juice Cup or Fruit

23
Chocolate Chip Muffin
Yogurt
***** OR *****
Cereal w/Milk and Cheese Stick
Juice Cup or Fruit

30
Poptart, yogurt,
***** OR *****
Cereal w/Milk and Cheese Stick
Juice Cup or Fruit

Tuesday

3
No School

10
Cinnamon Roll, Milk,
***** OR *****
Cereal w/Milk and Cheese Stick
Juice Cup or Fruit

17
Sausage Patty, Toast
***** OR *****
Cereal w/Milk and Cheese Stick
Juice Cup or Fruit

24
Pancake wrap
Yogurt
***** OR *****
Cereal w/Milk and Cheese Stick
Juice Cup or Fruit

Wednesday

4
Breakfast Pizza w/ yogurt
***** OR *****
Cereal w/Milk and cheese stick
Juice Cup or Fruit

11
French toast Sticks
Hard Boiled Egg
***** OR *****
Cereal w/Milk and Cheese Stick
Juice Cup or Fruit

18
Poptart, yogurt,
***** OR *****
Cereal w/Milk and Cheese Stick
Juice Cup or Fruit

25
No School

Thursday

5
Banana Mini Loaf, Hard
Boiled Egg
***** OR *****
Cereal w/Milk and cheese stick
Juice Cup or Fruit

12
Cheese Omelet w/ Toast
***** OR *****
Cereal w/Milk and cheese stick
Juice Cup or Fruit

19
Biscuit & Gravy
***** OR *****
Cereal w/Milk and Cheese Stick
Juice Cup or Fruit

26
No School

Friday

6
Dunkin Donut, Milk
***** OR *****
Cereal w/Milk and cheese stick
Juice Cup or Fruit

13
Dunkin Donut, Milk
***** OR *****
Cereal w/Milk and cheese stick
Juice Cup or Fruit

20
Dunkin Donut, Milk
***** OR *****
Cereal w/Milk and cheese stick
Juice Cup or Fruit

27
No School

