



November 2009 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Cook's Choice ----- Chicken Fajita Lettuce & Cheese Refried Beans Pears	3 Super Donut Apricots ----- Corndog French Fries Apple Sauce Magic Bar	4 French Toast Applesauce ----- Chickwich French Fries Peaches Jello	5 Cold Cereal, OJ Whole Wheat Roll ----- Teriyaki Dippers Brown Rice Carrots Apples w/ Caramel	6 Mexi-Breakfast Tater Tots ----- Wrap Day 	7
8	9 Bagel Fresh Fruit ----- Chicken Nuggets Whipped Potatoes & Gravy Whole Wheat Roll Fruit Salad	10 Malt-O-Meal Roll, OJ ----- Cook's Choice 	11 No School Veteran's Day 	12 Oatmeal Toast & Juice ----- Ham & Cheese Melt Tater Tots Fresh Broccoli Cookie	13 Breakfast Sandwich Pineapple Tidbits ----- Pizza Romaine & Spinach Salad Fresh Fruit Juice Bar	14
15	16 Cook's Choice ----- Hamburger on Wheat Bun Lettuce, Tomato, Onion Curly Fries Banana	17 Sausage, Toast Tater Tots ----- Chili Soft Pretzel w/ Nacho Cheese Corn & Berry Crisp	18 Early Release Pancakes Apricots ----- Monte Cristo Coleslaw Carrot Sticks Apple	19 Cold Cereal Toast, OJ ----- Thanksgiving Luncheon Turkey, Roll w/ Jelly Whipped Potatoes & Gravy Cranberries, Pumpkin Pie	20 Cheese Omlet Apple ----- Waffles w/ Strawberries Sausage Orange Wedges	21
22	23 Breakfast Bar Tater Triangle ----- Chickwich French Fries Apple Crisp	24 CinnaSwirl French Toast Oranges ----- Sloppy Jo Grated Cheese Corn, Mixed Fruit Brownie	25 Early Release Cook's Choice ----- Cook's Choice 	26 No School Thanksgiving 	27 No School	28
29	30 Cinnamon Roll Pineapple ----- Burrito Green Salad Fresh Fruit Cake					

1% milk and fat-free chocolate milk will be offered daily with lunch.
 Students may have the choice of "Salad Bar" instead of the "Main Entrée".
No salad bar Nov. 9th thru Nov. 13th due to high school testing. Salad bar is NOT offered on "Early Release" days.
 For questions about our Food Service Program, please call Veda Wilson at 765-3363 Ext. 209