



School Information:



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack, or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Pancake on a stick
Applesauce cup
Yogurt cup
Bagel w/ cream cheese
Fresh fruit
Milk

6

Cereal, hot cereal
Muffins
Berry parfaits
Bagels w/ cream cheese
Fresh fruit
Milk

7

Scrambled eggs w/
Ham
Hash Browns, toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit, milk

8

Waffles w/ sausage
Strawberry cups
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

9

VERTERANS DAY

10

NO SCHOOL

French toast
Sausage
Yogurt cup
Bagel w/ cream cheese
Fresh fruit
Milk

13

Cereal, hot cereal
Donut
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

14

Potato bowl w/ eggs
Bacon and toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

15

Cereal
Muffins
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

16

Breakfast burrito w/
eggs, potatoes, chorizo,
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

17

Waffles w/ sausage
Strawberry cup
Yogurt cup
Bagel w/ cream cheese
Fresh fruit
Milk

20

Cereal, hot cereal
Cinnamon roll
Berry parfaits
Bagels w/ cream cheese
Fresh fruit
Milk

21

Scrambled eggs
w/sausage, toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

22

**Thanksgiving
No School**

23

No School

24

Pancake on a stick
Applesauce cup
Yogurt cup
Bagel w/ cream cheese
Fresh fruit
Milk

27

Cereal, hot cereal
Banana Bread
Berry parfaits
Bagels w/ cream cheese
Fresh fruit
Milk

28

Potato bowl w/ eggs
Toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

29

Waffles w/ sausage
Mixed berry cup
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

30



School Information



November is National Peanut Butter Lovers Month. Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip, or spread on bread for a classic peanut butter sandwich.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Goulash w/ Corn
Garlic Breadsticks
Sandwiches
Salad bar
Fresh fruit
Milk

6

Pizza or
Pretzel w/ cheese
Sandwiches
Salad bar
Fresh fruit
Milk

7

Chicken strips
Potato wedges
Sandwiches
Salad bar
Fresh fruit
Milk

1

Popcorn Chicken
Mashed potatoes
Corn
Sandwiches
Salad bar
Fresh fruit and Milk

8

Beef nacho or Burrito
Spanish rice & beans
Sandwiches
Salad bar
Fresh fruit
Milk

2

Sweet & Sour Chicken
Rice and Broccoli
Sandwiches
Salad bar
Fresh fruit
Milk

9

Corn dog
Chips
Sandwiches
Salad bar
Fresh fruit
Milk

3

**Veterans Day
No School**

10

Chili Mac
Carrots
Sandwiches
Salad bar
Fresh fruit
Milk

13

Pizza or
Pretzel w/ cheese
Sandwiches
Salad bar
Fresh fruit
Milk

14

Chicken drumsticks
Rice w/ a roll
Sandwiches
Salad bar
Fresh fruit, Milk

15

Turkey, or Ham,
Mashed potato, Gravy,
~~Mac&cheese~~ Stuffing,
green bean casserole,
cranberry sauce, roll
Pies, Fruit, Punch, Milk

16

Hot dog's w/ chili
Chips
Sandwiches
Salad bar
Fresh fruit
Milk

17

Spaghetti w/ rolls, corn
Sandwiches
Salad bar
Fresh fruit
milk

20

Pizza or
Pretzel w/ cheese
Sandwiches
Salad bar
Fresh fruit
Milk

21

Chicken nuggets
Tater Tots
Sandwiches
Salad bar
Fresh fruit
Milk

22

**Thanksgiving
Day
No School**

23

No School

24

Chicken Alfredo,
Broccoli & breadsticks
Sandwiches
Salad bar
Fresh fruit
Milk

27

Pizza or
Pretzel w/ cheese
Sandwiches
Salad bar
Fresh fruit
Milk

28

Chicken Strips
Potato wedges
Sandwiches
Salad bar
Fresh fruit
Milk

29

Teriyaki chicken w/ rice
Mixed veggies
Sandwiches
Salad bar
Fresh fruit
Milk

30