



# NOVEMBER 2018 HIGH SCHOOL BREAKFAST



			<p>Nov--1 Mini Waffle Sausage Patty Breakfast Fresh Fruit Mix Juice Milk</p>	<p>Nov--2 Pancake on a Stick Banana Juice Milk</p>
<p>Nov--5 Cold Cereal Whole Wheat Toast w/Jelly Applesauce Juice Milk</p>	<p>Nov--6 Egg &amp; Cheese English Muffin Orange Wedges Juice Milk</p>	<p>Nov--7 Pancakes w/Syrup Sausage Patty Strawberries Juice Milk</p>	<p>Nov--8 Choice of Muffin Yogurt Honeydew Chunks Juice Milk</p>	<p>Nov--9 Cheese Omelet Flour Tortilla Banana Juice Milk Salsa</p>
<p>Nov--12 Ultimate Breakfast Round Yogurt Breakfast Fresh Fruit Mix Juice Milk</p>	<p>Nov--13 Biscuits &amp; Gravy Orange Wedges Juice Milk</p>	<p>Nov--14 Oatmeal Whole Wheat Toast w/Jelly Applesauce Juice Milk</p>	<p>Nov--15 Cold Cereal Whole Wheat Toast w/Jelly Peaches Juice Milk</p>	<p>Nov--16 Mini Cinnis String Cheese Banana Juice Milk</p>
<p>Nov--19 Thanksgiving Break NO SCHOOL TODAY</p>	<p>Nov--20 Thanksgiving Break NO SCHOOL TODAY</p>	<p>Nov--21 Thanksgiving Break NO SCHOOL TODAY</p>	<p>Nov--22 Thanksgiving Break NO SCHOOL TODAY</p>	<p>Nov--23 Thanksgiving Break NO SCHOOL TODAY</p>
<p>Nov--26 French Toast Sticks w/Syrup Sausage Patty Fruit Cocktail Juice Milk</p>	<p>Nov--27 Cold Cereal Whole Wheat Toast w/Jelly Fresh Apple Juice Milk</p>	<p>Nov--28 Bacon Scramble Applesauce Juice Milk</p>	<p>Nov--29 Yogurt Granola Cantaloupe Chunks Juice Milk</p>	<p>Nov--30 Breakfast Burrito Cold Cereal Graham Crackers Banana Juice Milk Salsa</p>

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Nov 7, 14, 28 - Early Release | Nov 19 - 23 Thanksgiving Break Schools Closed



# NOVEMBER 2018 HIGH SCHOOL LUNCH



<p>Choose <b>MyPlate</b> gov</p>			<p><b>Nov--1</b></p> <ul style="list-style-type: none"> <li>Chicken Bowl</li> <li>Peas</li> <li>Wheat Roll</li> <li>Pineapple Chunks</li> <li>Fresh Apple</li> <li>Fresh Veggies</li> <li>Milk</li> <li>Burger or Deli Sandwich</li> <li>Fries</li> <li>Crispy Chicken Salad</li> </ul>	<p><b>Nov--2</b></p> <ul style="list-style-type: none"> <li>Macaroni &amp; Cheese</li> <li>Green Beans</li> <li>Celery Sticks</li> <li>Wheat Roll</li> <li>Orange Wedges</li> <li>Fresh Pear</li> <li>Chocolate Chip Cookie</li> <li>Fresh Veggies</li> <li>Milk</li> <li>Chicken Sandwich</li> <li>Pizza / Fries</li> <li>Garden Salad</li> </ul>
<p><b>Nov--5</b></p>	<p><b>Nov--6</b></p>	<p><b>Nov--7</b></p>	<p><b>Nov--8</b></p>	<p><b>Nov--9</b></p>
<ul style="list-style-type: none"> <li>Philly Cheese Steak Sandwich</li> <li>Tater Tots</li> <li>Coleslaw</li> <li>Applesauce</li> <li>Watermelon Wedges</li> <li>Fresh Veggies</li> <li>Milk</li> <li>Chicken Sandwich</li> <li>Pizza</li> <li>Chef Salad</li> </ul>	<ul style="list-style-type: none"> <li>Crunchy Tacos</li> <li>Spanish Rice</li> <li>Refried Beans</li> <li>Chopped Lettuce &amp; Tomato</li> <li>Diced Pears</li> <li>Grape Cluster</li> <li>Fresh Veggies</li> <li>Milk</li> <li>Burger or Deli Sandwich</li> <li>Fries</li> <li>Chicken &amp; Fruit Salad</li> </ul>	<ul style="list-style-type: none"> <li>Alfredo Pasta</li> <li>Tossed Salad</li> <li>Italian Vegetables</li> <li>Breadstick</li> <li>Fresh Apple</li> <li>Mandarin Oranges</li> <li>Fresh Veggies</li> <li>Milk</li> <li>Chicken Sandwich</li> <li>Pizza</li> <li>Fries</li> <li>Fruit &amp; Yogurt Salad</li> </ul>	<ul style="list-style-type: none"> <li>Steak Fingers</li> <li>Mashed Potatoes w/Gravy</li> <li>Mixed Vegetables</li> <li>Wheat Roll</li> <li>Sidekick Smoothie</li> <li>Pineapple Chunks</li> <li>Fresh Veggies</li> <li>Milk</li> <li>Burger or Deli Sandwich</li> <li>Fries</li> <li>Crispy Chicken Salad</li> </ul>	<ul style="list-style-type: none"> <li>Grilled Ham &amp; Cheese Sandwich</li> <li>Chicken Vegetable Soup</li> <li>Cucumber Slices</li> <li>Peaches</li> <li>Fresh Pear</li> <li>Pudding</li> <li>Fresh Veggies</li> <li>Milk</li> <li>Chicken Sandwich</li> <li>Pizza / Fries</li> <li>Garden Salad</li> </ul>
<p><b>Nov--12</b></p>	<p><b>Nov--13</b></p>	<p><b>Nov--14</b></p>	<p><b>Nov--15</b></p>	<p><b>Nov--16</b></p>
<ul style="list-style-type: none"> <li>Popcorn Chicken</li> <li>Green Beans</li> <li>Mashed Potatoes w/Gravy</li> <li>Wheat Roll</li> <li>Diced Pears</li> <li>Grape Cluster</li> <li>Fresh Veggies</li> <li>Milk</li> <li>Chicken Sandwich</li> <li>Pizza</li> <li>Fries</li> <li>Chef Salad</li> </ul>	<ul style="list-style-type: none"> <li>Taquitos</li> <li>Refried Beans</li> <li>Chopped Lettuce &amp; Tomato</li> <li>Strawberries</li> <li>Mandarin Oranges</li> <li>Jello w/Topping</li> <li>Fresh Veggies</li> <li>Milk</li> <li>Burger or Deli Sandwich</li> <li>Fries</li> <li>Chicken &amp; Fruit Salad</li> </ul>	<ul style="list-style-type: none"> <li>Corndog</li> <li>Tater Tots</li> <li>Baked Beans</li> <li>Applesauce</li> <li>Cantaloupe Chunks</li> <li>Fresh Veggies</li> <li>Milk</li> <li>Chicken Sandwich</li> <li>Pizza</li> <li>Fruit &amp; Yogurt Salad</li> </ul>	<ul style="list-style-type: none"> <li>Roast Turkey</li> <li>Mashed Potatoes w/Gravy</li> <li>Green Beans</li> <li>Stuffing</li> <li>Wheat Roll</li> <li>Frozen Peach Cup</li> <li>Cranberry Sauce</li> <li>Milk</li> <li>Super Pumpkin Bars</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Fajita</li> <li>Seasoned Pinto Beans</li> <li>Chopped Lettuce &amp; Tomato</li> <li>Pineapple Chunks</li> <li>Honeydew Chunks</li> <li>Fresh Veggies</li> <li>Milk</li> <li>Chicken Sandwich</li> <li>Pizza</li> <li>Fried</li> <li>Garden Salad</li> </ul>
<p><b>Nov--19</b></p>	<p><b>Nov--20</b></p>	<p><b>Nov--21</b></p>	<p><b>Nov--22</b></p>	<p><b>Nov--23</b></p>
<p>Thanksgiving Break NO SCHOOL TODAY</p>	<p>Thanksgiving Break NO SCHOOL TODAY</p>	<p>Thanksgiving Break NO SCHOOL TODAY</p>	<p>Thanksgiving Break NO SCHOOL TODAY</p>	<p>Thanksgiving Break NO SCHOOL TODAY</p>
<p><b>Nov--26</b></p>	<p><b>Nov--27</b></p>	<p><b>Nov--28</b></p>	<p><b>Nov--29</b></p>	<p><b>Nov--30</b></p>
<ul style="list-style-type: none"> <li>Salisbury Steak</li> <li>Mashed Potatoes w/Gravy</li> <li>Steamed Broccoli</li> <li>Wheat Roll</li> <li>Orange Wedges</li> <li>Pineapple Chunks</li> <li>Fresh Veggies</li> <li>Milk</li> <li>Chicken Sandwich</li> <li>Pizza</li> <li>Fries</li> <li>Chef Salad</li> </ul>	<ul style="list-style-type: none"> <li>Chicken &amp; Waffles</li> <li>Tater Tots</li> <li>Grape Cluster</li> <li>Diced Pears</li> <li>Fresh Veggies</li> <li>Milk</li> <li>Burger or Deli Sandwich</li> <li>Chicken &amp; Fruit Salad</li> </ul>	<ul style="list-style-type: none"> <li>Bean &amp; Cheese Burrito</li> <li>Chopped Lettuce &amp; Tomato</li> <li>Spicy Corn Salad</li> <li>Fruit Cocktail</li> <li>Honeydew Chunks</li> <li>Fresh Veggies</li> <li>Milk</li> <li>Chicken Sandwich</li> <li>Pizza</li> <li>Fries</li> <li>Fruit &amp; Yogurt Salad</li> </ul>	<ul style="list-style-type: none"> <li>Lasagna</li> <li>Tossed Salad</li> <li>Peas</li> <li>Breadstick</li> <li>Fruit Cocktail</li> <li>Orange Wedges</li> <li>Fresh Veggies</li> <li>Milk</li> <li>Burger or Deli Sandwich</li> <li>Fries</li> <li>Crispy Chicken Salad</li> </ul>	<ul style="list-style-type: none"> <li>Teriyaki</li> <li>Oriental Blend Veggies</li> <li>Brown Rice</li> <li>Mandarin Oranges</li> <li>Strawberries</li> <li>Fortune Cookie</li> <li>Fresh Veggies</li> <li>Milk</li> <li>Chicken Sandwich</li> <li>Pizza</li> <li>Fries</li> <li>Garden Salad</li> </ul>

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