



NOVEMBER 2018 MIDDLE SCHOOL BREAKFAST



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



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

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