



**School Information:** This institution is an equal Opportunity provider



**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

NO SCHOOL TODAY

Pancakes & sausage link **1**  
Cereal  
Juice  
Fruit  
Milk

Blueberry muffin **2**  
Cereal  
Juice  
Fruit  
Milk

Fruit & yogurt parfait **3**  
Toast  
Cereal  
Juice & Fruit  
Milk

Cinnamon Roll **4**  
Cereal  
Juice  
Fruit  
Milk

Oatmeal **7**  
Toast  
Cereal  
Fruit & Juice  
Milk

Bacon,egg,cheese Biscuit **8**  
Cereal  
Juice  
Fruit  
Milk

Tornadoes **9**  
Cereal  
Juice  
Fruit  
Milk

Cinnamon Roll **10**  
Cereal  
Juice  
Fruit  
Milk

**Veterans Day** **11**  
Scrambled eggs  
Sausage  
Biscuits& gravy  
Cereal , Fruit & juice  
Milk

Breakfast bagel **14**  
Cereal  
Juice  
Fruit  
Milk

Pancakes & sausage link **15**  
Cereal  
Juice  
Fruit  
Milk

Biscuit & Sausage **16**  
Cereal  
Juice  
Fruit  
Milk

Breakfast bar **17**  
Cereal  
Juice  
Fruit  
Milk

Cinnamon Roll **18**  
Cereal  
Juice  
Fruit  
Milk

NO SCHOOL TODAY **21**

NO SCHOOL TODAY **22**

NO SCHOOL TODAY **23**

HAPPY THANKSGIVING **24**

NO SCHOOL TODAY **25**

Pancake on a stick **28**  
Cereal  
Juice  
Fruit  
Milk

Scrambled eggs **29**  
Hashbrown  
Cereal  
Juice  
Fruit  
Milk

Fruit & yogurt parfait **30**  
Toast  
Cereal  
Juice  
Milk





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**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

NO LUNCH

Fish  
Tator tots  
Beans  
Honey bun  
Fruit & Milk **1**

Chicken fried steak  
Mashed potatoes & gravy  
Green beans  
W.W Roll  
Fruit & Milk **2**

Homemade chic.noodle sou  
Cheese pockets  
Salad and baby carrots  
Yogurt  
Fruit & Milk **3**

Cheeseburger  
Lettuce ,tom.,pickles  
French fries  
Fruit  
Milk **4**

Walking taco  
Salsa  
Veggie cup  
Fruit  
Milk **7**

Oven roasted chicken  
Mashed potatoes & gravy  
Green beans  
W.W. Roll  
Fruit & Milk **8**

Crispitoes  
Tortilla chips & salsa  
Roasted veggies  
String cheese  
Fruit & Milk **9**

Hotdog w/ chili & cheese  
French fries  
Celery  
Fruit  
Milk **10**

Veterans Day  
Buff. Chic. Nachoes  
Salsa , beans  
Fruit  
Milk **11**

Tamales  
Tortilla chips & salsa  
Rice & beans  
Fruit  
Milk **14**

Pizza  
Salad  
Cherry tomatoes  
Fruit  
Milk **15**

Pulled Pork Sandwich  
Sweet potato fries  
Fresh Broccoli/ranch  
Fruit & cookie  
Milk **16**

Turkey& dressing  
Mashed potatoes & gravy  
Green beans  
Roll ,Pumpkin pie  
Milk **17**

Corndog  
French fries  
Celery  
Fruit  
Milk **18**

NO SCHOOL **21**

NO SCHOOL **22**

NO SCHOOL **23**

NO SCHOOL **24**

NO SCHOOL **25**

Oven roasted chicken  
Mashed potatoes  
Green beans  
W.W. Roll  
Fruit & Milk **28**

Burrito  
Tortilla chips & salsa  
Veggie cup  
Fruit  
Milk **29**

Homemade chicken  
noodle soup ,Cheese  
pocket ,salad , carrots  
Yogurt ,fruit  
Milk **30**

