

November 2009

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Breakfast: Biscuit with egg & cheese, cereal, cereal bar, juice, milk Lunch: Burrito or Philly Cheesesteak, pineapple, corn, fruit, cake, milk	Breakfast: Donut, cereal, poptart, juice, milk Lunch: Chili Mac or Turkey patty on bun, green beans, salad, cinnamon apples, fruit, cookie, milk	Breakfast: French toast sticks & sausage, granola bar, cereal, milk, juice Lunch: Chicken Nuggets or Hamburger on Bun, fries, carrot sticks, salad, fruit, applesauce, cookie, milk	Breakfast: Biscuit & sausage, cereal, poptart, juice, milk Lunch: Steak fingers or Pepperoni pizza, pinto beans, salad, fruit, brownie, milk	Breakfast: Cereal, cereal bar, granola bar, juice, milk Lunch: Ham & Cheese on Pretzel Bun or Lasagna, corn, salad, fruit, pudding, milk
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Breakfast: Biscuit with egg & cheese, cereal, cereal bar, juice, milk Lunch: Crispito or Tacos, pinto beans, fruit, cookie, milk	Breakfast: Donut, cereal, poptart, juice, milk Lunch: Pig in a blanket or Fajita, refried beans, peaches, carrot sticks, fruit, cookie, milk	Breakfast: French toast sticks & sausage, cereal, granola bar, milk, juice Lunch: Fish or Hamburger, fries, fruit, pudding, milk	Breakfast: Biscuit & sausage, cereal, poptart, juice, milk Lunch: Chicken nuggets or Hot pocket, pineapple, carrot sticks, rice krispy treat, fruit, milk	Breakfast: Cereal, cereal bar, granola bar, juice, milk Lunch: Nachos or Chicken burger, salad setup, pears, fruit, brownie, milk
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Breakfast: Biscuit with egg & cheese, cereal, cereal bar, juice, milk Lunch: Ham & cheese on pretzel bun or Grilled cheese, chicken noodle soup, pineapple, fruit, congo bar, milk	Breakfast: Donut, cereal, poptart, juice, milk Lunch: Soft taco or Chicken on bun, spanish rice, peaches, fruit, salad setup, brownie, milk	Breakfast: French toast sticks & sausage, cereal, granola bar, milk, juice Lunch: Turkey, dressing & gravy, sweet potatoes, cranberry sauce, green beans, roll, strawberries, milk	Breakfast: Biscuit & sausage, cereal, poptart, juice, milk Lunch: Chef salad or Pepperoni pizza, celery sticks with peanut butter, salad, mixed fruit, fruit, pudding, milk	Breakfast: Cereal, cereal bar, granola bar, juice, milk Lunch: Salisbury steak or spaghetti, green beans, salad, fruit, pudding, milk
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Breakfast: Cereal, cereal bar, granola bar, juice, milk Lunch: BBQ on a bun or Cheese pizza, applesauce, carrot sticks, fruit, cookie, milk	Breakfast: Donut, cereal, poptart, juice, milk Lunch: Chicken tenders or Hamburger, broccoli, mixed fruit, salad setup, fruit, pudding, milk	<p style="text-align: center;">No School</p> <p style="text-align: center;">Thanksgiving Break</p>	<p style="text-align: center;">No School</p> <p style="text-align: center;">Thanksgiving Break</p>	<p style="text-align: center;">No School</p> <p style="text-align: center;">Thanksgiving Break</p>
Monday 30				
Breakfast: Biscuit with egg & cheese, cereal, cereal bar, juice, milk Lunch: Burrito or Philly Cheesesteak, pineapple, corn, fruit, cake, milk				