NOVEMBER

MIDDLE & HIGH MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hamburger/Cheeseburger(26) Cheese or *Pepperoni Pizza(41) Turkey, Ham & Cheese Deli Sub(47) Baked Beans(31) Tossed Salad(3) Strawberries(7) **Breakfast** Sausage Biscuit(28) Yogurt (22) w/ Grahams(16)	**3** Corndog(27) Nachos w/ Chili(32) Chef Salad(27) Sweet Yellow Corn(17) Green Peas(17) French Fries (high only) Peach Cobbler(46) **Breakfast** Egg & Cheese Biscuit(31) Pop-Tarts(74)	**4** Beef Nuggets (6) Cheese or *Pepperoni Pizza(41) Steak & Cheese Sub(48) Mashed Potatoes(15) Broccoli & Cheese(5) Fresh Apple(19) Roll(18) **Breakfast** Ham Biscuit(29) Yogurt (22) w/ Grahams(16)	**5** Taco(25) Chicken Pie(22) Chef Salad(27) Green Beans(7) Baked Sweet Potato (28) French Fries (high only) Pineapple Tidbits(15) Roll(18) **Breakfast** Bacon, Egg & Cheese Biscuit(31) Honey Bun(38)	**6** Roasted Chicken(3) Cheese or *Pepperoni Pizza(41) Turkey, Ham & Cheese Deli Sub(47) Tossed Salad(3) Vegetable Soup(15) Fruited Gelatin(39) Roll(18) **Breakfast** Chicken Biscuit(35) Yogurt (22) w/ Grahams(16)
9 Chicken Fillet Sandwich(38) Cheese or *Pepperoni Pizza(41) Turkey, Ham & Cheese Deli Sub(47) Baked Potato Wedges(16) Tomato Soup(16) Chilled Peaches(15) **Breakfast** Sausage Biscuit(28) Yogurt (22) w/ Grahams(16)	**10** Beef Quesadilla(25) Taco (25) Chef Salad(27) Pintos(24) Oven Roasted Potatoes(15) French Fries (high only) Applesauce(15) **Breakfast** Egg & Cheese Biscuit(31) Pop-Tarts(74)	**11** **Holiday**	**12** Nachos w/ Chili(32) *Pork BBQ Plate w/ Roll(19) Chef Salad(27) Mashed Potatoes(15) Steamed Carrots(14) French Fries (high only) Fruit Cocktail(16) **Breakfast** Bacon, Egg & Cheese Biscuit(31) Honey Bun(38)	**13** Buffalo Bites(19) Cheese or *Pepperoni Pizza(41) Turkey, Ham & Cheese Deli Sub(47) Carrot & Celery Sticks w/ Dip(5) Tossed Salad(3) Baked Apples(34) Roll(18) **Breakfast** Chicken Biscuit(35) Yogurt (22) w/ Grahams(16)
16 Hamburger/Cheeseburger(26) Cheese or *Pepperoni Pizza(41) Turkey, Ham & Cheese Deli Sub(47) Baked Beans(31) Tossed Salad(3) Strawberries(7) **Breakfast** Sausage Biscuit(28) Yogurt (22) w/ Grahams(16)	**17** Taco(25) Chicken Pie(22) Chef Salad(27) Green Beans(7) Sweet Potato Souffle(66) French Fries (high only) Pineapple Tidbits(15) Roll(18) **Breakfast** Egg & Cheese Biscuit(31) Pop-Tarts(74)	**18** Beef Nuggets (6) Cheese or *Pepperoni Pizza(41) Steak & Cheese Sub(48) Mashed Potatoes(15) Broccoli & Cheese(5) Fresh Apple(19) Roll(18) **Breakfast** Ham Biscuit(29) Yogurt (22) w/ Grahams(16)	**19** Corndog(27) Nachos w/ Chili(32) Chef Salad(27) Sweet Yellow Corn(17) Green Peas(17) French Fries (high only) Peach Cobbler(46) **Breakfast** Bacon, Egg & Cheese Biscuit(31) Honey Bun(38)	**20** Roasted Chicken(3) Cheese or *Pepperoni Pizza(41) Turkey, Ham & Cheese Deli Sub(47) Tossed Salad(3) Vegetable Soup(15) Fruited Gelatin(39) Roll(18) **Breakfast** Chicken Biscuit(35) Yogurt (22) w/ Grahams(16)
23 Chicken Fillet Sandwich(38) Cheese or *Pepperoni Pizza(41) Turkey, Ham & Cheese Deli Sub(47) Baked Potato Wedges(16) Tomato Soup(16) Chilled Peaches(15) **Breakfast** Sausage Biscuit(28) Yogurt (22) w/ Grahams(16)	**24** Taco (25) Turkey, Dressing & Gravy Chef Salad(27) Green Beans(7) Mashed Potatoes(15) French Fries (high only) Applesauce(15) Cranberry Sauce **Breakfast** Egg & Cheese Biscuit(31) Pop-Tarts(74)	**25** **Vacation**	**26** **Holiday**	**27** **Holiday**

30 Hamburger/Cheeseburger(26) Cheese or *Pepperoni Pizza(41) Turkey, Ham & Cheese Deli Sub(47) Baked Beans(31) Corn on the Cob(18) Strawberries(7) **Breakfast** Sausage Biscuit(28) Yogurt (22) w/ Grahams(16)		The numbers in () indicate the grams of carbohydrates per menu item. **Available Daily at Breakfast:** Choice of Milk &/or 4 oz. Juice Cereal & Toast(10) **Available Daily at Lunch:** Choice of Milk	****Early Release Day Menu** (if applicable) Turkey Ham & Cheese Sandwich PB&J Sandwich Baby Carrots w/ Dip 4 oz. Fruit Cup Milk Items with an asterisk (*) contain pork	

****Menus are subject to change due to weather, calendar changes, administrative directives &/or product availability**.

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