






























# November 2022 Breakfast & Lunch 6<sup>th</sup>-8<sup>th</sup> Grades






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
<b>October 31 Halloween</b>  <b>Breakfast</b> Mini Blueberry Waffle  or Oatmeal/Brown Sugar PC  or Assorted Cereal  <hr/> <b>LUNCH</b> Beef Fingers  or Chicken Tenders  or Chef Choice Meal  <b>Sides</b> Mashed Potatoes, Brown Gravy , Country Blend Vegetables, Biscuit, Fruit	<b>1 National Brush Day</b>  <b>Breakfast</b> English Muffin w/Egg Patty & Cheese  or Steak & Scrambled Egg Burrito  or Assorted Cereal  <hr/> <b>LUNCH</b> Chicken Fajitas  or Beef Tacos w/Taco Sauce PC  or Chef Choice Meal  <b>Sides</b> Cucumber Slices, Ranch Dressing PC, Pinto Beans, Spanish Rice, Fruit	<b>2 Look for Circles Day</b>  <b>Breakfast</b> Banana Muffin  or Mini Blueberry Waffle  or Assorted Cereal  <hr/> <b>LUNCH</b> BBQ Teriyaki Chicken  or Orange Chicken  or Chef Choice Meal  <b>Sides</b> Steamed Rice, Baby Carrots, Celery Sticks, Ranch Dressing PC, Fortune Cookie, Fruit	<b>3 Jellyfish Day</b>  <b>Breakfast</b> Berry Bread Slice  or Scrambled Eggs, Turkey Sausage Links, Flour Tortilla, Salsa PC  or Assorted Cereal  <hr/> <b>LUNCH</b> Albondigas Soup w/Lemon PC  or Green Chili Stew  or Chef Choice Meal  <b>Sides</b> Broccoli Florets, Ranch Dressing PC, Dinner Roll, Fruit	<b>4 National Easy-Bake Oven Day</b>  <b>Breakfast</b> Cinnamon Toast Cereal  Strawberry Banana Yogurt  or English Muffin w/Egg Patty & Cheese  or Mini French Toast  <hr/> <b>LUNCH</b> Homemade Bean Burrito  or Homemade Beef, Potato, Cheese & Green Chili Burrito  or Chef Choice Meal  <b>Sides</b> Yellow Corn, Ranch Dressing PC, Fresh Garden Salad, Hot Sauce PC, Fruit	Served Monday-Friday for <b>Breakfast</b> -Fruit Juice, Fruit & Milk  Served Monday-Friday for <b>Lunch</b> -Milk, See Menu for Fruit Component  Contains Pork  Meatless Menu   <i>Students may choose only one entrée at breakfast and only one entrée at lunch.</i>  <i>Did you know? Veteran's Day falls annually on November 11, it is when we honor those who have served in the United States Armed Forces. It also coincides with Armistice Day and Remembrance Day, which mark the end of World War I. On the 11th hour of the 11th day of the 11th month in 1918, World War I ended. This day became known as "Armistice Day." In 1926, Congress resolved to officially call November 11th Armistice Day. Then in 1938, the day was named a national holiday. Soon afterward war broke out in Europe, and World War II began. Soon after the end of World War II, a veteran of that war named Raymond Weeks organized "National Veterans Day" with a parade and festivities to honor all veterans. He chose to hold this on Armistice Day. In 1954, Congress officially passed and President Dwight Eisenhower signed a bill proclaiming November 11 as Veteran's Day.</i>
<b>7 National Hug a Bear Day</b>  <b>Breakfast</b> Apple Frudel  or Chicken & Waffles  or Assorted Cereal  <hr/> <b>LUNCH</b> Pepperoni Pizza  or Cheese Pizza  or Chef Choice Meal  <b>Sides</b> Fresh Garden Salad, Ranch Dressing PC, Celery Sticks, Baby Carrots, Breadstick, Fruit	<b>8 STEM/STEAM Day</b>  <b>Breakfast</b> Honey Oat Granola Bar  or English Muffin w/Egg Patty & Bacon  or Assorted Cereal  <hr/> <b>LUNCH</b> Pork Posole  or Green Chili Cheese Chicken Enchiladas  or Chef Choice Meal  <b>Sides</b> Pinto Beans, Cucumber Slices, Ranch Dressing PC, Dinner Roll, Fruit	<b>9 Go to an Art Museum Day</b>  <b>Breakfast</b> Piggie Stick  or Red Chilaquiles  or Assorted Cereal  <hr/> <b>LUNCH</b> Chicken Fried Steak  or Salisbury Steak  or Chef Choice Meal  <b>Sides</b> Mashed Potatoes, Country Gravy, California Blend Vegetables, Biscuit, Fruit	<b>10 Sesame Street Day</b>  <b>Breakfast</b> Croissant w/Turkey Patty & Cheese  or Croissant w/ Scrambled Eggs & Bacon  or Assorted Cereal  <hr/> <b>LUNCH</b> Beef Stew  or Chili Con Carne w/Beans  or Chef Choice Meal  <b>Sides</b> Corn Bread, Cauliflower Florets, Green Bell Pepper Slices, Ranch Dressing PC, Fruit	<b>11 Veterans Day</b>  <b>Breakfast</b> Cocoa Puffs Cereal, Go-Gurt  or Piggie Stick  or Peanut Butter & Jelly Sandwich  <hr/> <b>LUNCH</b> Taco Salad  or Homemade Chicken, Potato, Green Chili, Cheese Burrito  or Chef Choice Meal  <b>Sides</b> Yellow Corn, Refried Beans, Taco Sauce PC, Strawberry Yogurt Parfait	

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# November 2022 Breakfast & Lunch 6<sup>th</sup>-8<sup>th</sup> Grades







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
<b>14 National Pickle Day</b>  <b>Breakfast</b> Strawberry Cream Cheese Mini Bagel  or French Toast Sticks w/Syrup  or Assorted Cereal  <hr/> <b>LUNCH</b> Cheeseburger on a Bun or Hamburger on a Bun or Chef Choice Meal <b>Sides</b> Shredded Lettuce, Potato Smiles, Ketchup PC, Mustard PC, Broccoli Florets, Ranch Dressing PC, Fruit	<b>15 I Love to Write Day</b>  <b>Breakfast</b> Apple Cinnamon Muffin  or Chili Relleno Burrito  or Assorted Cereal  <hr/> <b>LUNCH</b> Green Chili Stew or Chicken Tacos or Chef Choice Meal <b>Sides</b> Cauliflower Florets, Broccoli Florets, Ranch Dressing PC, Spanish Rice, Fruit	<b>16 Have a Party with your Bear Day</b>  <b>Breakfast</b> Cheese Quesadilla  or Croissant w/Egg Patty & Cheese  or Assorted Cereal  <hr/> <b>LUNCH</b> Mini Corn Dogs or Hot Dog on a Bun or Chef Choice Meal <b>Sides</b> Ketchup PC, Mustard PC, Ranch Style Beans, Sweet Potato Waffle Fries, Fruit	<b>17 National Homemade Bread Day</b>  <b>Breakfast</b> Chef Choice or Breakfast Ham Skillet w/Tortilla  or Assorted Cereal  <hr/> Turkey, Mashed Potatoes, Turkey Gravy, Dinner Roll, Corn Bread Dressing, Green Beans, Cranberry Sauce, Pumpkin Pie 	<b>18 International Stand Up to Bullying Day</b>  <b>Breakfast</b> Berry Crunch Cereal Raspberry Yogurt  or Breakfast Turkey Sausage Pizza or Waffles w/Syrup  <hr/> <b>LUNCH</b> Chicken Noodle Soup or Chili Dog, Corn Chips or Chef Choice Meal <b>Sides</b> Broccoli Florets, Red Bell Peppers Sliced, Ranch Dressing PC, Biscuit, Fruit	<p><i>Thanksgiving, perhaps the most popular of all American holidays after Christmas, is celebrated each year on the third Thursday of November. Not only do Americans have the chance on this day to gather with friends and family over a sumptuous meal but they also get to enjoy a rare four-day weekend (with the Friday afterward, known as Black Friday, marking the traditional start of the Christmas shopping season).</i></p> 
<b>21 World Hello Day</b>   Thanksgiving Break No School	<b>22 Love Your Freckles Day</b>   Thanksgiving Break No School	<b>23 Thankful for My Dog Day</b>   Thanksgiving Break No School	<b>24 Thanksgiving Day</b>   Thanksgiving Break No School	<b>25 National Parfait Day</b>   Thanksgiving Break No School	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
<b>28 Red Planet Day</b>  <b>Breakfast</b> Cinnamon Breakfast Round 🍌 or English Muffin w/Egg Patty & Ham or Assorted Cereal 🍌	<b>29 National Day of Giving</b>  <b>Breakfast</b> Hormel Breakfast Bar 🍌 & Sports Bite Grahams or Cheese Quesadilla w/Bacon or Assorted Cereal 🍌	<b>30 National Mason Jar Day</b>  <b>Breakfast</b> Mini Maple Waffle 🍌 or Scrambled Eggs, Bacon & Biscuit or Assorted Cereal 🍌	<b>Dec-1 National Christmas Lights Day</b>  <b>Breakfast</b> Croissant w/Egg Patty, Cheese & Bacon or Mini Cinni Roll or Assorted Cereal 🍌	<b>Dec-2 Special Education Day</b>  <b>Breakfast</b> Honey Nut Cheerios Cereal Go-Gurt 🍌 or Homemade Egg & Cheese Burrito or Mini Maple Waffle 🍌	
<b>LUNCH</b> Chef Choice or Chef Choice or Chef Choice Meal Sides Chef Choice Fruit	<b>LUNCH</b> Green Chili Chicken Posole or Diced Pork w/Potato & Red Chili & Flour Tortilla 🍌 or Chef Choice Meal Sides Shredded Cabbage, Pinto Beans, Dinner Roll, Fruit	<b>LUNCH</b> Nachos w/Ground Beef or Sloppy Joe on a Roll or Chef Choice Meal Sides Yellow Corn, Cucumber Slices, Ranch Dressing PC, Fruit	<b>LUNCH</b> Italian Meatball Sub or Toasted Ham & Cheese Sandwich or Chef Choice Meal Sides Baby Carrots, Celery Sticks, Ranch Dressing PC, Peach Yogurt Parfait	<b>LUNCH</b> Green Chili Chicken Enchiladas, or Smothered Green Beef Burrito or Chef Choice Meal Sides Refried Beans, Fresh Garden Salad, Ranch Dressing PC, Fruit	

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