












































































November 2022 Breakfast & Lunch 9th-12th Grades

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
October 31 Halloween  Breakfast Mini Blueberry Waffle  or Oatmeal/Brown Sugar PC  or Assorted Cereal  <hr/> LUNCH Beef Fingers  or Chicken Tenders  or Chef Choice Meal  Sides Mashed Potatoes, Brown Gravy  , Country Blend Vegetables, Biscuit, Fruit	1 National Brush Day  Breakfast English Muffin w/Egg Patty & Cheese  or Steak & Scrambled Egg Burrito  or Assorted Cereal  <hr/> LUNCH Chicken Fajitas  or Beef Tacos w/Taco Sauce PC  or Chef Choice Meal  Sides Cucumber Slices, Ranch Dressing PC, Pinto Beans, Spanish Rice, Fruit	2 Look for Circles Day  Breakfast Banana Muffin  or Mini Blueberry Waffle  or Assorted Cereal  <hr/> LUNCH BBQ Teriyaki Chicken  or Orange Chicken  or Chef Choice Meal  Sides Steamed Rice, Baby Carrots, Celery Sticks, Ranch Dressing PC, Fortune Cookie, Fruit	3 Jellyfish Day  Breakfast Berry Bread Slice  or Scrambled Eggs, Turkey Sausage Links, Flour Tortilla, Salsa PC  or Assorted Cereal  <hr/> LUNCH Albondigas Soup w/Lemon PC  or Green Chili Stew  or Chef Choice Meal  Sides Broccoli Florets, Ranch Dressing PC, Dinner Roll, Fruit	4 National Easy-Bake Oven Day  Breakfast Cinnamon Toast Cereal  Strawberry Banana Yogurt  or English Muffin w/Egg Patty & Cheese  or Mini French Toast  <hr/> LUNCH Homemade Bean Burrito  or Homemade Beef, Potato, Cheese & Green Chili Burrito  or Chef Choice Meal  Sides Yellow Corn, Ranch Dressing PC, Fresh Garden Salad, Hot Sauce PC, Fruit	Served Monday-Friday for Breakfast -Fruit Juice, Fruit & Milk Served Monday-Friday for Lunch -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>
7 National Hug a Bear Day  Breakfast Apple Frudel  or Chicken & Waffles  or Assorted Cereal  <hr/> LUNCH Pepperoni Pizza  or Cheese Pizza  or Chef Choice Meal  Sides Fresh Garden Salad, Ranch Dressing PC, Celery Sticks, Baby Carrots, Breadstick, Fruit Juice, Fruit	8 STEM/STEAM Day  Breakfast Honey Oat Granola Bar  or English Muffin w/Egg Patty & Bacon  or Assorted Cereal  <hr/> LUNCH Pork Posole  , Green Chili Cheese Chicken Enchiladas  or Chef Choice Meal  Sides Pinto Beans, Cucumber Slices, Ranch Dressing PC, Sports Bite Grahams, Spanish Rice, Fruit Juice, Fruit	9 Go to an Art Museum Day  Breakfast Piggie Stick  or Red Chilaquilles  or Assorted Cereal  <hr/> LUNCH Chicken Fried Steak  or Salisbury Steak  or Chef Choice Meal  Sides Mashed Potatoes, Country Gravy, California Blend Vegetables, Biscuit, Fruit	10 Sesame Street Day  Breakfast Croissant w/Turkey Patty & Cheese  or Croissant w/ Scrambled Eggs & Bacon  or Assorted Cereal  <hr/> LUNCH Beef Stew  or Chili Con Carne w/Beans  or Chef Choice Meal  Sides Corn Bread, Cauliflower Florets, Green Bell Pepper Slices, Ranch Dressing PC, Granola Sleeve, Fruit Juice, Fruit	11 Veterans Day  Breakfast Cocoa Puffs Cereal, Go-Gurt  or Piggie Stick  or Peanut Butter & Jelly Sandwich  <hr/> LUNCH Taco Salad  or Homemade Chicken, Potato, Green Chili, Cheese Burrito  or Chef Choice Meal  Sides Yellow Corn, Refried Beans, Taco Sauce PC, Strawberry Yogurt Parfait, Fruit Juice	

"We Think Nutrition Because Kids Can't Think Without It"

Menus Subject to Change

"USDA is an equal opportunity provider, employer, and lender"

November 2022 Breakfast & Lunch 9th-12th Grades







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
14 National Pickle Day  Breakfast Strawberry Cream Cheese Mini Bagel  or French Toast Sticks w/Syrup  or Assorted Cereal  <hr/> LUNCH Cheeseburger on a Bun or Hamburger on a Bun or Chef Choice Meal Sides Shredded Lettuce, Sliced Tomato, Potato Smiles, Ketchup PC, Mustard PC, Broccoli Florets, Ranch Dressing PC, Fruit Juice, Fruit	15 I Love to Write Day  Breakfast Apple Cinnamon Muffin  or Chili Relleno Burrito  or Assorted Cereal  <hr/> LUNCH Green Chili Stew or Chicken Tacos or Chef Choice Meal Sides Cauliflower Florets, Broccoli Florets, Ranch Dressing PC, Spanish Rice, Fruit Juice, Fruit	16 Have a Party with your Bear Day  Breakfast Cheese Quesadilla  or Croissant w/Egg Patty & Cheese  or Assorted Cereal  <hr/> LUNCH Mini Corn Dogs or Hot Dog on a Bun or Chef Choice Meal Sides Ketchup PC, Mustard PC, Ranch Style Beans, Sweet Potato Waffle Fries, Fruit Juice, Fruit	17 National Homemade Bread Day  Breakfast Chef Choice or Breakfast Ham Skillet w/Tortilla  or Assorted Cereal  <hr/> LUNCH Turkey, Mashed Potatoes, Turkey Gravy, Dinner Roll, Corn Bread Dressing, Green Beans, Cranberry Sauce, Pumpkin Pie 	18 International Stand Up to Bullying Day  Breakfast Berry Crunch Cereal Raspberry Yogurt  or Breakfast Turkey Sausage Pizza or Waffles w/Syrup  <hr/> LUNCH Chicken Noodle Soup or Chili Dog, Corn Chips or Chef Choice Meal Sides Broccoli Florets, Red Bell Peppers Sliced, Ranch Dressing PC, Biscuit, Sunflower Seeds, Fruit Juice, 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> 
21 World Hello Day   Thanksgiving Break No School	22 Love Your Freckles Day   Thanksgiving Break No School	23 Thankful for My Dog Day   Thanksgiving Break No School	24 Thanksgiving Day   Thanksgiving Break No School	25 National Parfait Day   Thanksgiving Break No School	

"We Think Nutrition Because Kids Can't Think Without It"

Menus Subject to Change

"USDA is an equal opportunity provider, employer, and lender"

November 2022 Breakfast & Lunch 9th-12th Grades

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

"We Think Nutrition Because Kids Can't Think Without It"

Menus Subject to Change

"USDA is an equal opportunity provider, employer, and lender"