

# November 2022 Breakfast & Lunch 9<sup>th</sup>-12<sup>th</sup> Grades

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

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<b>14 National Pickle Day</b>  <b>Breakfast</b> Strawberry Cream Cheese Mini Bagel  or French Toast Sticks w/Syrup  or Assorted Cereal  <b>LUNCH</b> Cheeseburger on a Bun  or Hamburger on a Bun  or Chef Choice Meal <b>Sides</b> Shredded Lettuce, Sliced Tomato, Potato Smiles, Ketchup PC, Mustard PC, Broccoli Florets, Ranch Dressing PC, Spanish Rice, Fruit Juice, Fruit	<b>15 I Love to Write Day</b>  <b>Breakfast</b> Apple Cinnamon Muffin  or Chili Relleno Burrito  or Assorted Cereal  <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 Juice, 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  <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 Juice, Fruit	<b>17 National Homemade Bread Day</b>  <b>Breakfast</b> Chef Choice  or Breakfast Ham Skillet w/Tortilla  or Assorted Cereal  <b>LUNCH</b> 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  <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, Sunflower Seeds, Fruit Juice, Fruit	<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 afternoon, known as Black Friday, marking the traditional start of the Christmas shopping season).</i> 
<b>21 World Hello Day</b>  <b>Thanksgiving Break No School</b>	<b>22 Love Your Freckles Day</b>  <b>Thanksgiving Break No School</b>	<b>23 Thankful for My Dog Day</b>  <b>Thanksgiving Break No School</b>	<b>24 Thanksgiving Day</b>  <b>Thanksgiving Break No School</b>	<b>25 National Parfait Day</b>  <b>Thanksgiving Break No School</b>	

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<p><b>28 Red Planet Day</b></p>  <p><b>Breakfast</b> Cinnamon Breakfast Round or English Muffin w/Egg Patty &amp; Ham Assorted Cereal</p> <p><b>LUNCH</b> Chef Choice or Chef Choice or Chef Choice Meal Sides Chef Choice, Fruit Juice, Fruit</p>	<p><b>29 National Day of Giving</b></p>  <p><b>Breakfast</b> Hormel Breakfast Bar &amp; Sports Bite Grahams or Cheese Quesadilla w/Bacon or Assorted Cereal</p> <p><b>LUNCH</b> Green Chili Chicken Posole or Diced Pork w/Potato &amp; Red Chili &amp; Flour Tortilla or Chef Choice Meal Sides Shredded Cabbage, Pinto Beans, Spanish Rice, Normandy Vegetable Blend, Dinner Roll, Fruit Juice, Fruit</p>	<p><b>30 National Mason Jar Day</b></p>  <p><b>Breakfast</b> Mini Maple Waffle or Scrambled Eggs, Bacon &amp; Biscuit or Assorted Cereal</p> <p><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, Granola Sleeve, Fruit Juice, Fruit</p>	<p><b>Dec-1 National Christmas Lights Day</b></p>  <p><b>Breakfast</b> Croissant w/Egg Patty, Cheese &amp; Bacon or Mini Cinni Roll or Assorted Cereal</p> <p><b>LUNCH</b> Italian Meatball Sub or Toasted Ham &amp; Cheese Sandwich or Chef Choice Meal Sides Baby Carrots, Celery Sticks, Ranch Dressing PC, Fruit Juice, Peach Yogurt Parfait</p>	<p><b>Dec-2 Special Education Day</b></p>  <p><b>Breakfast</b> Honey Nut Cheerios Cereal Go-Gurt or Homemade Egg &amp; Cheese Burrito or Mini Maple Waffle</p> <p><b>LUNCH</b> 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</p>	

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