

Guidelines for secondary students: milk, vegetables, fruit or 100% juices are offered at every meal; cereal, milk and 100% fruit juices available every morning.

NOVEMBER 2017

Middle School

Daily Selections: Choice of fresh fruits, fresh or steamed vegetables, whole grain rolls, entrée salads, yogurt, cereal, main entrée and alternate

Monday

Tuesday

Wednesday

Thursday

Friday

Grab 'N Go Breakfast 1

Chicken Fajita w/Peppers, Onions, Lettuce, Tomato, Sour Cream, Santa Fe Rice
Alt: Hot Dog on WG Roll

Grab 'N Go Breakfast 2

Meatloaf
Mashed Potatoes
Steamed Carrots

Alt: Hot Dog on WG Roll

Grab 'N Go Breakfast 3

Pork Riblets on a WG Roll
Parmesan Zucchini
Apple Crisp

Alt: Hot Dog on WG Roll

Grab 'N Go Breakfast 6

Stuffed Shells
In Marinara Sauce
Steamed Broccoli, Dinner Roll

Alt: Chicken Cheese Wrap

Grab 'N Go Breakfast 7

Taco Tuesday!
Taco w/Lettuce, Tomato, Cheese, Nacho Chips, Black Bean Salsa

Alt: Chicken Cheese Wrap

Grab 'N Go Breakfast 8

Chicken Nuggets
Crispy Fries, Honey Beans
Soft Pretzel

Alt: Chicken Cheese Wrap

Grab 'N Go Breakfast 9

California Cheeseburger
Onion Rings
Steamed Corn

Alt: Chicken Cheese Wrap

Grab 'N Go Breakfast 10

Hamburger BBQ on WG Roll
Tator Tots
Cheesy Broccoli

Alt: Chicken Cheese Wrap

Grab 'N Go Breakfast 13

Bulldog Bowl
Popcorn Chicken, Corn,
Mashed Potatoes

Alt: Cheeseburger

Grab 'N Go Breakfast 14

French Toast w/Syrup
Hash Brown Triangles
Sausage Patty

Alt: Cheeseburger

Grab 'N Go Breakfast 15

Chicken BBQ Pizza
Sweet Peas, Spinach Salad
Roasted Chick Peas

Alt: Cheeseburger

Grab 'N Go Breakfast 16

THANKSGIVING MEAL!
Turkey, Filling, Corn, Sweet Potatoes, Cranberry Sauce
Pumpkin Ice Cream
~ No Alternate Today ~

Grab 'N Go Breakfast 17

Cheese Calzone
w/Marinara Sauce
Steamed Carrots
Side of Penne Pasta

Alt: Cheeseburger

Grab 'N Go Breakfast 20

Chicken Patty on WG Roll
w/Lettuce & Tomato
Spinach Salad, Tator Tots

Alt: Pizza

Grab 'N Go Breakfast 21

Cheeseburger on Pretzel Roll
Onion Rings, Baked Beans
Carrot Stix

Alt: Pizza

SCHOOLS CLOSED 22
TEACHER IN-SERVICE



SCHOOLS CLOSED 23
THANKSGIVING DAY



SCHOOLS CLOSED 24
THANKSGIVING HOLIDAY



SCHOOLS CLOSED 27
THANKSGIVING HOLIDAY



Grab 'N Go Breakfast 28

Chicken Tenders w/BBQ Sauce, Broccoli, Cinnamon Applesauce

Alt: Chicken Wrap

Grab 'N Go Breakfast 29

Hot Dog on WG Roll
Macaroni & Cheese
Stewed Tomatoes

Alt: Chicken Wrap

Grab 'N Go Breakfast 30

Bulldog Bowl
Popcorn Chicken, Corn,
Mashed Potatoes

Alt: Chicken Wrap



Included with all meals is a choice of:
Fruit, Juice or Milk

Breakfast: \$1.95
Lunch: \$2.80

Reduced Breakfast: \$0.30
Reduced Lunch: \$0.40

MENU IS SUBJECT TO AVAILABILITY AND CHANGE WITHOUT NOTICE