## November 2022

Mon	Tue	Wed	Thu	Fri
All menus are subject to change.  This institution is an equal opportunity provider.	<b>GEORGIA</b> grown	Happy & ? Thanksgiving		
Choice Menus:  Breakfast—Variety of breakfast items offered  Lunch — PBJ Sandwich, an extra whole grain, & Cheese stick option; Salad Option on Tuesday & Thursday when produce is available  Breakfast & Lunch — Choices of 1% and fat free milk	Harvest Month  Sweet Potatoes	All meals served in the cafeteria		FALL Back 1 Hour November 6th at 2:00 AM  Daylight Saving Time Ends  Sunday, November 6, 2 AM
Oct. 31 Breakfast Cinnamon Bun / Fruit  Lunch Pepperoni Pizza or Stuffed Crust Cheese Pizza Marina Cup WK Corn Garden Salad Fruit	1 Breakfast Chicken Strip Biscuit / Jelly / Fruit Lunch Fish Nuggets / Cornbread or WG Corndog Seasoned Curly Fries Baked Beans Cole Slaw Fruit	2 Breakfast Yogurt Smoothie / Graham Crackers / Fruit Lunch Baked Ham/Yeast Roll or Chicken Breast Strips Macaroni & Cheese Turnip Greens Yams Fruit	3 Breakfast Breakfast Bowl w/Bacon  Lunch Cheesy Chicken / Steamed Rice WG Rolls Oven Fried Okra Green Beans Fruit	4 Breakfast Breakfast Pizza / Fruit  Lunch Hamburger / WG Bun Lettuce/Tomato/Pickles Crinkle Cut Oven Fries Fruit WG Brownie
7 Breakfast Cinnamon Bun / Fruit  Lunch Chicken Nuggets Biscuit Creamed Potatoes Peas & Carrots Fruit	8 Breakfast Biscuit / Sausage Patty / Jelly / Fruit Lunch Lasagna Bread Sticks w/Marinara WK Corn Caesar Salad Fruit	9 Breakfast Glazed Cake Donut / Fruit  Lunch BBQ Pork / WG Bun or Chicken Fillet / WG Bun Lettuce/Tomato/Pickles Crinkle Cut Oven Fries Cole Slaw Fruit	10 Breakfast Nutri-Grain Bar / Graham Crackers / Fruit  Lunch Baked Turkey / WG Roll Cornbread Dressing Cranberry Sauce Green Beans Sweet Potato Soufflé Fruit	11 Breakfast Pancake Pup / Syrup / Fruit  Lunch Hot Ham & Cheese / WG Bun or WG Corn Dog Tater Tots Fresh Veggies w/Dip Fruit WG Cookie
14 Breakfast Maple Waffles / Syrup / Fruit  Lunch Pepperoni Pizza or Stuffed Crust Cheese Pizza Marina Cup WK Corn Fresh Veggies w/Dip	15 Breakfast Chicken Strip Biscuit / Jelly / Fruit Lunch Chicken Fajitas/Tortilla or Tacos/Cheese/Tortilla Lettuce & Tomato Salsa Cup / Sour Cream Steamed Broccoli Fruit WG Cookie	16 Breakfast Pancake Pup / Syrup / Fruit  Lunch Shepherd's Pie WG Rolls Butter Peas Yam Patties Fruit	17 Breakfast Breakfast Pizza / Fruit  Lunch Chicken Alfredo Breadsticks Green Beans Garden Salad Fruit	18 Breakfast Manager's Choice  Lunch Hamburger / WG Bun Chicken Breast Strips / WG Bun Lettuce/Tomato/Pickles Crinkle Cut Oven Fries Baked Beans Fruit
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