

East Ridge Middle School

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 <u>BREAKFAST</u> Sausage Biscuit, Poptart or Cereal, Fruit, Juice & Milk</p> <p><u>LUNCH</u> 1-Pizza</p> <p>2- Cheesy Breadsticks W/ marinara sauce 3- PB&J Bag Lunch 4- Baked Potato Bar Green Beans, Corn Fresh Veggies, Fruit, Juice & Milk</p>
<p>4 <u>BREAKFAST</u> Chicken Biscuit, Poptart or Cereal, Fruit, Juice & Milk</p> <p><u>LUNCH</u> 1-Ham & Cheese Sand. 2-Turkey & Cheese Sand. 3-PB&J Bag Lunch 4-Baked Potato Bar Broccoli & Cheese soup Goldfish crackers, Fresh Veggies, Fruit, Juice & Milk <u>NATIONAL SANDWICH DAY</u></p>	<p>5</p> <p>NO SCHOOL ELECTION DAY</p>	<p>6 <u>BREAKFAST</u> Dutch Waffle, Poptart, or Cereal, Fruit, Juice & Milk</p> <p><u>LUNCH</u> 1-Beef Nachos 2- Bean & Cheese Burrito Covered with Queso 3- PB&J Bag Lunch 4- Baked Potato Bar Corn, Fiesta Black Beans, Fresh Veggies, Fruit, Juice & Milk <u>NATIONAL NACHO DAY</u></p>	<p>7 <u>BREAKFAST</u> Toast & Jelly W/Bacon, Poptart or Cereal, Fruit, Juice & Milk</p> <p><u>LUNCH</u> 1-Fried Chicken Breast 2-BBQ Pork 3- PB&J Bag Lunch 4- Pizza Roll, Green Beans, Mashed Potatoes, Fresh Veggies, Fruit, Juice & Milk</p>	<p>8 <u>BREAKFAST</u> Sausage Biscuit, Poptart or Cereal, Fruit, Juice & Milk</p> <p><u>LUNCH</u> 1-Fish Sticks 2-Corn Dog Nuggets 3- PB&J Bag Lunch 4- Baked Potato Bar Pinto Beans, Mac. & Cheese, Hushpuppies, Fresh Veggies, Fruit, Juice & Milk</p>
<p>11 <u>BREAKFAST</u> Egg & Cheese Biscuit, Poptart or Cereal, Fruit, Juice & Milk</p> <p><u>LUNCH</u> 1-Chicken Alfredo 2-Chicken Tenders 3- PB&J Bag Lunch 4- Baked Potato Bar Garlic Toast, Steamed Broccoli, Sweet Carrots, Fresh Veggies, Fruit, Juice & Milk</p>	<p>12 <u>BREAKFAST</u> Pancakes, Poptart or Cereal, Fruit, Juice & Milk</p> <p><u>BREAKFAST FOR LUNCH</u> 1-Chicken Patty 2- Sausage 3- PB&J Bag Lunch 4-Pizza Waffles, Baked Apples, Hashbrown Patty , Fresh Veggies, Fruit, Juice & Milk</p>	<p>13 <u>BREAKFAST</u> Breakfast Pizza, Poptart or Cereal, Fruit, Juice & Milk</p> <p><u>LUNCH</u> 1-Grilled Cheese Sand. 2-Cheese Bites 3-PB&J Bag Lunch 4-Baked Potato Bar Homemade Chili, Waffle Fries, Fresh Veggies, Fruit, Juice & Milk</p>	<p>14 <u>BREAKFAST</u> French Toast Sticks, Poptart or Cereal, Fruit, Juice & Milk</p> <p><u>LUNCH</u> 1-Bacon Cheeseburger 2-Roasted Hot Dog w/ chili, 3- PB&J Bag Lunch 4- Pizza Baked Beans, Chips, Pickle Spear, Fresh Veggies, Fruit, Juice & Milk <u>NATIONAL DILL PICKLE DAY</u></p>	<p>15 <u>BREAKFAST</u> Sausage Biscuit, Poptart or Cereal, Fruit, Juice & Milk</p> <p><u>LUNCH</u> 1-Pizza 2-Chicken Sandwich, 3- PB&J Bag Lunch 4-Baked Potato Bar Green Beans, Corn, Fresh Veggies, Fruit, Juice & Milk, Cookie</p>
<p>18 <u>BREAKFAST</u> Warm Cinnamon Roll, Poptart or Cereal, Fruit, Juice & Milk</p> <p><u>LUNCH</u> 1-Sweet Teriyaki Meatballs 2- Popcorn Chicken 3-PB&J Bag Lunch 4- Baked Potato Bar Ramen Noodles, Steamed Broccoli, Sweet Carrots, Fresh Veggies, Fruit, Juice & Milk</p>	<p>19 <u>BREAKFAST</u> French Toast Sticks, Pop tart or Cereal, Fruit, Juice & Milk</p> <p><u>LUNCH</u> 1-Cheese Quesadilla 2-Cheesy Breadsticks, 3-PB&J Bag Lunch 4- Pizza Tortilla Soup, Goldfish Crackers, Fresh Veggies, Fruit, Juice & Milk</p>	<p>20 <u>BREAKFAST</u> Toast & Jelly W/Bacon, Poptart or Cereal, Fruit, Juice & Milk</p> <p><u>THANKSGIVING LUNCH</u></p>	<p>21 <u>BREAKFAST</u> Breakfast Pizza, Poptart or Cereal, Fruit, Juice & Milk</p> <p><u>LUNCH</u> MANAGERS CHOICE</p>	<p>22 <u>BREAKFAST</u> Sausage Biscuit, Poptart or Cereal, Fruit, Juice & Milk</p> <p><u>LUNCH</u> MANAGERS CHOICE</p>
<p>25</p> <p>NO SCHOOL THANKSGIVING BREAK</p>	<p>26</p> <p>NO SCHOOL THANKSGIVING BREAK</p>	<p>27</p> <p>NO SCHOOL THANKSGIVING BREAK</p>	<p>28</p> <p>NO SCHOOL THANKSGIVING BREAK</p>	<p>29</p> <p>NO SCHOOL THANKSGIVING BREAK</p>

NEWS:

CHOOSE ONE ENTRÉE FOR LUNCH. EACH TRAY MUST HAVE A FRUIT OR VEG AND AT LEAST TWO OTHER ITEMS TO BE CONSIDERED A MEAL. MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

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