

# NOVEMBER 2022

## Henry L. Slater Elementary Menu

BREAKFAST IS COMPLEMENTARY TO ALL STUDENTS (after morning bell)

Lunch – **\$3.00** paid SY22-2023 & **0¢**-reduced  Extra Milk – **45¢** Juice is **.45¢**

**Lunch includes:** Entrée with Salad bar options, fruit, vegetable, breads grains, Oregon Milk (Nonfat - 1%)

Menu is subject to change. Some items may contain nuts.

*Food allergies need to be documented by a licensed doctor and a faxed or written copy sent to the kitchen & office when student is participating in the breakfast or lunch programs.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 <b>Breakfast</b> Cereal bar w/ String Cheese Fruit & Milk <b>Lunch</b> Homemade Chili w/ Corn Bread Bean Burrito Rice Bowl w/ Fruit, Veggies, Milk	2 <b>Breakfast</b> WG Muffins w/Cracker Applesauce & Milk <b>Lunch</b> Meat Spaghetti w/ Tx Toast Corn Dog Fruit, Veggies, Milk	3 <b>NO SCHOOL</b>  <b>PARENT-TEACHER CONFERENCES</b>
7 <b>Breakfast</b> Chocolate Oat Bar Peaches & Milk <b>Lunch</b> Hamburger Hot Dog w/ Baked Beans Fruit , Veggies, Milk	8 <b>Breakfast</b> Bagel w/ Cream cheese Applesauce & Milk <b>Lunch</b> Quesadilla Chicken Fajita Sand Fruit, veggies, Milk	9 <b>Breakfast</b> Warm Waffle Apple & Milk <b>Lunch</b> Orange Chicken w/ Fried Rice Turkey & Cheese Wrap Fruit, veggies, Milk	10 <b>Breakfast</b> Cereal w/ Cracker Banana & Milk <b>Lunch</b> Pizza Stix w/ Marinara Toasted Cheese Sand Fruit, veggies, Milk
14 <b>Breakfast</b> Berry French Toast Fruit & Milk <b>Lunch</b> Homemade Chicken Noodle Soup w/ Roll & Cheese Stix Toasted Cheese Sand Fruit, Veggies, Milk	15 <b>Breakfast</b> Yogurt w/ Cracker Fruit, Milk <b>Lunch</b> Nacho's w/ Meat & Cheese Bean & Cheese Burrito Sweet Corn Fruit, veggies, Milk	16 <b>Breakfast</b> Cinnamon Roll Applesauce, Milk <b>Lunch</b> Homemade Meat Lasagna w/ TX Toast or Corn Dog Green Beans Fruit, veggies, Milk	17 <b>Breakfast</b> Cereal , Sun seeds Dried Fruit & Milk <b>Lunch</b> BBQ Pork Rib Sand Meat Salad & Roll Fruit, veggies, Milk <b>Friday School</b>
21 <b>Breakfast</b> Apple Strudel Apple Juice, Milk <b>Lunch</b> <b>(Only Option)</b> Roasted Pork W/ Mashed Potato & Gravy, Stuffing, Salad, Fruit & Milk	22 <b>Breakfast</b> Hot Biscuit w/ Applesauce Milk <b>Lunch</b> <b>(Only Option)</b> PB & Jelly Sack lunch Cheese Stick, Carrots w/ Ranch, Cracker, Assorted Fruit & Milk	23 <b>NO SCHOOL</b>	24 <b>NO SCHOOL</b>  <b>THANKSGIVING</b>
28 <b>Breakfast</b> Apple Strudel Apple Juice, Milk <b>Lunch</b> Alfredo & Noodles w/ Tx Toast Chili Hot Dogs w/ Cheese Fruit, veggies, Milk	29 <b>Breakfast</b> Nutri- Grain Bar w/ Cracker Peaches, Milk <b>Lunch</b> Italian Meatball Sub Yogurt & Granola Pack Fruit, veggies, Milk	30 <b>Breakfast</b> Cereal, Cracker Banana & Milk <b>Lunch</b> Baked Potato w/Cheese Roll Ham & Cheese Sand Fruit, veggies, Milk	18 <b>Friday school</b> Cereal, Cracker Banana & Milk <b>Lunch</b> <b>(Only Option)</b> Pizza Fruit, veggies, Milk

**This institution is an equal opportunity provider.**