

# NOVEMBER 2024

## BREAKFAST



Menus are subject to change  
 NSLP Meals are free to all students (1 per service)  
 Adult and seconds: Breakfast \$3.50  
 Extra Milk \$0.50



**Daily Breakfast Options Subject to NSLP Meal Requirements:**  
 Yogurt, WG Cereal, Chesses Stick, Fresh Fruit, 1% White Milk and Fat Free  
 Chocolate Milk



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Whole Grain French Toast  
 Sausage Link  
 Fresh Fruit  
 Milk or Orange Juice

4

Whole Grain Pancakes  
 Bacon  
 Fresh Fruit  
 Milk or Orange Juice

5

Sausage, Egg & Cheese  
 Sandwich on a WG  
 English Muffin  
 Fresh Fruit  
 Milk or Orange juice

6

Pastry & Scrambled  
 Eggs  
 Fresh Fruit  
 Milk or Orange Juice

7

Yogurt, Granola & Fresh  
 Fruit Parfait  
 Milk or Orange Juice

1

No School

8

No School

11

Whole Grain Pancakes  
 Bacon  
 Fresh Fruit  
 Milk or Orange Juice

12

Sausage, Egg &  
 Cheese Sandwich on a  
 WG English Muffin  
 Fresh Fruit  
 Milk or Orange juice

13

Pastry & Scrambled  
 Eggs  
 Fresh Fruit  
 Milk or Orange Juice

14

Yogurt, Granola &  
 Fresh Fruit Parfait  
 Milk or Orange Juice

15

Whole Grain French Toast  
 Sausage Link  
 Fresh Fruit  
 Milk or Orange Juice

18

Whole Grain Pancakes  
 Bacon  
 Fresh Fruit  
 Milk or Orange Juice

19

Sausage, Egg & Cheese  
 Sandwich on a WG  
 English Muffin  
 Fresh Fruit  
 Milk or Orange juice

20

Pastry & Scrambled  
 Eggs  
 Fresh Fruit  
 Milk or Orange Juice

21

Yogurt, Granola & Fresh  
 Fruit Parfait  
 Milk or Orange Juice

22

Whole Grain French Toast  
 Sausage Link  
 Fresh Fruit  
 Milk or Orange Juice

25

Whole Grain Pancakes  
 Bacon  
 Fresh Fruit  
 Milk or Orange Juice

26

No School

27

No School

28

No School

29

# NOVEMBER 2024

## LUNCH



Menus are subject to change  
NSLP Meals are free to all students (1 per service)  
Adult and seconds: Lunch \$4.95.50  
Extra Milk \$0.50



**Daily Lunch Options Subject to NSLP Meal Requirements:**  
Cook Selected Alternative Meal, Fresh Fruit and Salad Bar Options



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Beef Tacos with Sour Cream and Salsa  
Mexican Style Rice  
Fresh Fruit  
Milk

4

BBQ Rib Sandwich on a Whole Grain Roll  
Coleslaw  
Fresh Fruit  
Milk

5

Macaroni and Cheese  
Garlic Bread  
Peas  
Fresh Fruit  
Milk

6

Chicken Tenders  
Tater Tots  
Fresh Fruit  
Milk

7

No School

8

No School

11

BBQ Pulled Pork on a Whole Grain Bun  
Coleslaw  
Fresh Fruit  
Milk

12

Sweet and Sour Chicken over Rice  
Broccoli  
Fresh Fruit  
Milk

13

Meatball Sub on a Whole Grain Roll  
Corn  
Fresh Fruit  
Milk

14

Cheese or Peperoni Pizza  
Garden Salad  
Fresh Fruit  
Milk

15

Nachos With Taco Meat  
Sour Cream & Salsa  
Mexican Style Rice  
Fresh Fruit  
Milk

18

Chicken Burger on a whole Grain Bun  
Potato Wedges  
Fresh Fruit  
Milk

19

Chop Suey with Local Beef  
Garlic Knots  
Peas  
Fresh Fruit  
Milk

20

Baked Mackenzie Ham With Cheesy Potatoes  
Carrots  
Fresh Fruit  
Milk

21

Cheese or Peperoni Pizza  
Garden Salad  
Fresh Fruit  
Milk

22

Taco Pie with Sour Cream and Salsa  
Mexican Style Rice  
Fresh Fruit  
Milk

25

BBQ Sloppy Joe on a Whole Grain Bun  
Tater Tots  
Fresh Fruit  
Milk

26

No School

27

No School

28

No School

29