

# NOVEMBER 2023

## Henry L. Slater Elementary Menu


BREAKFAST IS COMPLEMENTARY TO ALL STUDENTS (after morning bell)

Lunch – \$3.50 paid SY23-2024 & 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
17 <b>Friday School</b> Variety Breakfast w/ Fruit & Milk <b>Lunch</b> PB Jelly Sack String cheese, Carrot w/ Ranch, Apple, Cracker, Milk		1 <b>Breakfast</b> Pumpkin Bread w/Cracker Applesauce & Milk <b>Lunch</b> Meat Spaghetti w/ Tx Toast Corn Dog Fruit, Veggies, Milk	2 <b>NO SCHOOL</b>  <b>STUDENT-LED            CONFERENCES</b>
6 <b>Breakfast</b> Chocolate Oat Bar Peaches & Milk <b>Lunch</b> Hamburger Hot Dog w/ Baked Beans Fruit , Veggies, Milk	7 <b>Breakfast</b> Bagel w/ Cream cheese Applesauce & Milk <b>Lunch</b> Quesadilla Chicken Fajita Fruit, veggies, Milk	8 <b>Breakfast</b> Warm Waffle Apple & Milk <b>Lunch</b> Orange Chicken w/ Fried Rice Turkey & Cheese Sand Fruit, veggies, Milk	9 <b>Breakfast</b> Cereal w/ Cracker Banana & Milk <b>Lunch</b> Pizza Stix w/ Marinara Toasted Cheese Sand Fruit, veggies, Milk
13 <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	14 <b>Breakfast</b> Banana Bread Fruit, Milk <b>Lunch</b> Nacho's w/ Meat & Cheese Bean & Cheese Burrito Sweet Corn Fruit, veggies, Milk	15 <b>Breakfast</b> Cinnamon Roll Applesauce, Milk <b>Lunch</b> Homemade Meat Lasagna w/ TX Toast or Corn Dog Green Beans Fruit, veggies, Milk	16 <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>
20 <b>Breakfast</b> Apple Strudel Apple Juice, Milk <b>Lunch</b> <b>(Only Option)</b> Roasted Turkey W/ Mashed Potato & Gravy, Rolls, Salad, Fruit & Milk	21 <b>Breakfast</b> Hot Biscuit w/ Applesauce Milk <b>Lunch</b> <b>(Only Option)</b> Toasted Cheese Sand Fruit, Veggies, Milk	22 <b>Early Release day</b> <b>Breakfast</b> Variety Breakfast Fruit, Milk <b>Lunch</b> <b>(Only)</b> Pizza Fruit, Veggies, Milk	23 <b>NO SCHOOL</b>  <b>THANKSGIVING</b>
27 <b>Breakfast</b> Apple Strudel Apple Juice, Milk <b>Lunch</b> Alfredo & Noodles w/ Tx Toast Chicken Nuggets Scalloped Potato Fruit, veggies, Milk	28 <b>Breakfast</b> Nutri- Grain Bar w/ Cracker Peaches, Milk <b>Lunch</b> Italian Meatball Sub Yogurt & Granola Pack Fruit, veggies, Milk	29 <b>Breakfast</b> Cracker, String Cheese, Apple & Milk <b>Lunch</b> Baked Potato w/Chili & Cheese Roll Ham & Cheese Sand Fruit, veggies, Milk	30 <b>Breakfast</b> Cereal, Cracker Banana & Milk <b>Lunch</b> Chicken Burger Corn Dogs French Fries Fruit, Veggies, Milk

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

