

# NOVEMBER Breakfast Menu 2023

Health-e Pro 

MON	TUE	WED	THU	FRI
		1 2 Hour Late Start Cereal Poptart Applesauce Fruit Punch Milk	2 Apple Donut Mandarin Oranges Grape Juice Milk	3 <b>NO SCHOOL</b>
6 <b>NO SCHOOL</b>	7 Sausage Bagel Sandwich Hash Brown Apple Juice Milk	8 Mini Waffles Strawberry Cup Grape Juice, Syrup Milk	9 Sausage Patty/ Biscuit Cheese Mixed fruit Orange Juice Milk	10 Warm Mini Donuts Peaches Blueberries Milk
13 Apple Frudel Dragon Punch Mixed Fruit Milk	14 Breakfast Pizza Mandarin Oranges Apple Juice Milk	15 Dutch Waffle Strawberry Cup Orange Juice Milk	16 Cereal Blueberry Muffin Pineapple Grape Juice Milk	17 Mini Waffles Applesauce Fruit Punch Syrup Milk
20 BeneFit Bar Apple Juice Mixed Fruit Milk	21 Nutri Grain Bar Pop tart Applesauce Orange Craisin Milk	22 Blueberry Waffle Pineapple Grape Juice Milk	23 <b>NO SCHOOL</b>	24 <b>NO SCHOOL</b>
27 Brekkie Bar Apple Juice Mixed Fruit, Milk	28 Sausage Bagel Sandwich Grape Juice Hash Brown Milk	29 Cereal /Yogurt Orange Juice Applesauce Milk	30 Apple filled Donut Fruit Punch Mandarin Oranges Milk	

## ANNOUNCEMENTS

November 1st- 2 Hour Late Start  
November 3rd No School  
November 6th No School  
November 23rd No School  
November 24th No School

**Breakfast requirements**  
Students must select at least 3 food items  
Fruit/Vegetable at least ½ cup- required  
Grains OR Meat/Meat Alternate OR Milk + }  
Students must select at least 3 food items

A food component is one of the required food groups (fruit/vegetable, grains, meat/meat alternate and milk). A food item is a specific food offered. Some menu items may be planned to count as two items. For example, a large muffin may count as two grain items. Another example, breakfast pizza may count as a grain and a meat/meat alternate.

## MEAL PRICES

Students receive  
Free Breakfast

This institution is an equal  
opportunity provider.

# NOVEMBER Lunch Menu 2023

Health-e Pro 

MON	TUE	WED	THU	FRI
		1 Crispito/Cheese Broccoli, Salsa, Corn Pineapple, Mixed Fruit Bread, Milk	2 PK-6 Cheese Pizza 7-12 Cheese or Fiesta Pizza Garden Salad Celery Applesauce Pears Milk	3 <b>NO SCHOOL</b>
6 <b>NO SCHOOL</b>	7 Chili/Cheese Celery Garden Salad Peaches Mixed Fruit Bread Milk	8 Garlic Cheese French Bread Pizza Marinara Sauce Corn, Cucumbers Grapes, Mandarin Oranges Milk	9 Chicken Fillet/Alfredo Sauce Rice Pilaf Garden Salad Cauliflower Applesauce, Mango Smoothie Cup Milk	10 Macaroni & Cheese Popcorn Chicken Bread Broccoli Garden Salad Strawberries, Kiwi Milk
13 Cheeseburger/Bun Baked Beans French Fries Peaches Kiwi Milk	14 Quesadilla Chocolate Hummus Garden Salad Salsa, Red Peppers Apple Slices, Pineapple Milk	15 Cooks Choice Garden Salad Corn Mixed Fruit Pears Milk	16 Turkey Gravy Sliced Bread Green Beans, Mashed Potatoes Peaches, Applesauce Milk Pumpkin Pie	17 Chicken Tortilla Soup Grilled Cheese Tortilla Chips Garden Salad Cucumber Mandarin Orange Pineapple Milk
20 Corn Dogs Baked Beans Green Pepper Garden Salad Peaches Pineapple Milk	21 PK-2 Beef Nacho 3-12 Beef or Chicken Nachos Garden Salad Salsa Mixed Fruit Applesauce Chips Milk	22 Chicken Fillet/Bun Garden Salad Grape Tomatoes Pears Mango Frozen Juice Chips Milk	23 <b>NO SCHOOL</b>	24 <b>NO SCHOOL</b>
27 Beef Stew Garden Salad Celery Applesauce Peaches Cottage Cheese Dinner Roll Milk	28 Popcorn Chicken/Gravy Mashed Potatoes, Corn, Mandarin Oranges, Pears, Bread Milk	29 Sloppy Joe/Bun Baked Beans Dill Pickle Cherry Tomato Pineapple Grapes Chips Milk	30 <i>National Mousse Day!</i> Sausage Pattie French Toast/Syrup Dragon Punch Garden Salad Strawberries Blueberries Cheese Stick Pumpkin Mousse Milk	

## ANNOUNCEMENTS

November 1st- 2 Hour Late Start November  
3rd No School November 6th No School  
November 23rd No School November 24th  
No School

Lunch Requirements

Students must select at least 3 food items

- Fruit/Vegetable Required  
(at least 1/2 cup-of each)
- Grains
- Meat/Meat Alternate
- Milk

Students must select at least 3 food items

A food component consists of one of the  
required food groups (fruit/vegetable, grains,  
meat/ meat alternate and milk).

**MENU SUBJECT TO CHANGE**

## MEAL INFORMATION AND PRICES

School Lunches-Free

Served Daily

Grades 3-12-Offered:

Salad Bar

7-12

Chef Salad

Parfait

Cold Sandwich

All items include Main Entree, Fruit  
Vegetable, Grain & Milk

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opportunity provider.**