

# NOVEMBER 2022 ELEMENTARY BREAKFAST + LUNCH MENU



(P) – Item contains Pork  
 (T) – Item contains Turkey  
 (C) - Item contains Chicken  
 (B) - Item contains Beef

Breakfast Meal Price –  
 Reduced .30¢ Full \$1.30  
 Lunch Meal Price –  
 Reduced .40¢ Full \$2.80



**November is National Peanut Butter Lovers Month.** Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich.

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**MENU ITEMS MAY CHANGE DUE TO PRODUCT AVAILABILITY/SUPPLY CHAIN SHORTAGES**

**Breakfast** 7  
 Cereal & Graham Crackers OR Pancake on a Stick (T)  
 Fruit, Juice and Milk  
**Lunch**  
 Pepperoni (T) or Cheese Pizza  
 Corn, Spinach, Strawberries, Oranges

**Breakfast** 8  
 Cereal & Graham Crackers OR Cinnamon Toast Crunch Soft Bar  
 Fruit, Juice and Milk  
**Lunch**  
 Chicken Lo Mein (C)  
 OR Asian Chicken Salad (C)  
 Broccoli, Cucumber & Tomato, Peaches

**Breakfast** 9  
 Cereal & Graham Crackers OR Biscuit & Sausage (T)  
 Fruit, Juice, and Milk  
**Lunch**  
 Crispito (C) OR Protein Box Turkey Ham  
 Pinto Beans, Carrots, Grapes, Salsa

**Breakfast** 10  
 Cereal & Graham Crackers OR Breakfast Burrito w/Egg & Cheese  
 Fruit, Juice and Milk  
**Lunch**  
 Turkey, Cornbread Dressing, Roll, Mashed Potatoes, Green Beans, Gravy, Fruit Salad, Cranberry Sauce, Thanksgiving Cookie

**Breakfast** 11  
 Cereal & Graham Crackers OR Breakfast Pizza (T)  
 Fruit, Juice and Milk  
**Lunch**  
 Hamburger or Cheeseburger (B)  
 Oven Fries, Lettuce/Tomato/Pickle, Fruit



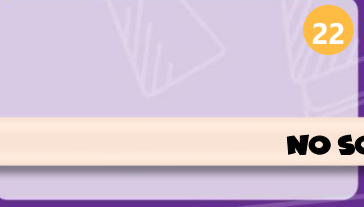
**Breakfast** 14  
 Cereal & Graham Crackers OR French Toast Sticks & Syrup  
 Fruit, Juice and Milk  
**Lunch**  
 Steak Fingers (B)  
 Cucumbers/Tomatoes, Green Beans, Orange

**Breakfast** 15  
 Cereal & Graham Crackers OR Breakfast Pizza (T)  
 Fruit, Juice and Milk  
**Lunch**  
 Chicken Nuggets (C) OR Protein Box  
 TX Toast, Mashed Potatoes & Gravy  
 Spinach, Strawberries

**Breakfast** 16  
 Cereal & Graham Crackers OR Eggo Waffles  
 Fruit, Juice and Milk  
**Lunch**  
 Meatball Hoagie (B)  
 OR Chef Salad w/Turkey Ham (T)  
 Tater Tots, Pork 'n Beans (P), Peaches

**Breakfast** 17  
 Cereal & Graham Crackers OR Biscuit, Egg Patty, & Sausage (T)  
 Fruit, Juice and Milk  
**Lunch**  
 Boneless Wings  
 Carrot/Celery Sticks, Oven Fries, Grapes

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**NO SCHOOL – HAPPY THANKSGIVING!**

**Breakfast** 28  
 Cereal & Graham Crackers OR French Toast Sticks & Syrup  
 Fruit, Juice and Milk  
**Lunch**  
 Mini Corndog Nuggets (T)  
 Oven Fries, Spinach, Peaches

**Breakfast** 29  
 Cereal & Graham Crackers OR Breakfast Pizza (T)  
 Fruit, Juice and Milk  
**Lunch**  
 Orange Chicken & Rice OR Asian Chicken Salad (C), Broccoli, Veggie Egg Roll  
 Grapes & Orange

**Breakfast** 30  
 Cereal & Graham Crackers OR Eggo Waffles  
 Fruit, Juice and Milk  
**Lunch**  
 Chicken Nuggets (C) OR Protein Box (T)  
 TX Toast, Mashed Potatoes & Gravy  
 Green Beans, Applesauce



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