



November

2022 Middle School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Breakfast Sandwich	2 Mini French Toast	3 Breakfast Wrap	4 Blueberry Pancakes
	Homemade Grilled Cheese on Whole Grain Bread Tomato Soup with Crackers Fresh Broccoli Choice of Fruit and Milk	Traveling Taco Lettuce, Tomato, Salsa Sweet Corn Choice of Fruit Choice of Milk	Solanco Sub on Whole Grain Roll Lettuce, Tomato, Onion, Pickle Carrot Sticks Choice of Fruit and Milk	Chicken Tenders Whole Grain Roll Oven Fries California Blend Vegetables Choice of Fruit and Milk
7 Chocolate Chip French Toast	8 Breakfast Pizza	9 Mini Waffles	10 Strawberry Cream Cheese Bagel	11
Pulled Pork Bar-B-Q on Whole Grain Roll Green Beans Sweet Potato Puffs Choice of Fruit and Milk	Chicken Fries Whole Grain Dinner Roll Onion Rings Glazed Carrots Choice of Fruit and Milk	Cheeseburger on Whole Grain Roll Lettuce, Tomato, Onion, Pickle Oven Fries Baked Beans Choice of Fruit and Milk	Pizza Cheese Crunchers Garden Salad Fresh Broccoli Choice of Fruit Choice of Milk	NO SCHOOL Teacher In-Service
14 Mini Cinnis	15 Breakfast Sandwich	16 Yogurt and Fruit Parfait	17 Pancake/Sausage on a Stick	18 Mini French Toast
Corn Dog Nuggets Steamed Broccoli Baked Beans Choice of Fruit Choice of Milk	French Toast Sticks w/Syrup Sausage Patty Hash Brown Carrot Sticks 100% Fruit Juice and Milk	Holiday Meal Turkey & Gravy Whole Grain Roll Mashed Potatoes & Corn Choice of Fruit and Milk	Hot Ham & Cheese On Pretzel Roll Sweet Potato Fries Veggies & Dip Choice of Fruit and Milk	Pizza Tossed Salad Chick Peas Whole Grain Cookie Choice of Fruit and Milk
21 Apple Frudel	22 Bacon Breakfast Boat	23 Mini Pancakes	24 NO SCHOOL	25 NO SCHOOL
Taco with Meat & Cheese Brown Rice Lettuce, Tomato, Salsa Refried Beans Choice of Fruit and Milk	Bosco Cheese Sticks Marinara Sauce Tossed Salad Carrot Sticks Choice of Fruit and Milk	Chicken Nuggets Whole Grain Roll Seasoned Curly Fries Mixed Vegetables Choice of Fruit and Milk		
28 NO SCHOOL	29 Breakfast Pizza	30 Blueberry Pancakes		
	General Tso Chicken Fried Rice/Fortune Cookie Steamed Broccoli Carrot Sticks Choice of Fruit and Milk	Pancake with Syrup Sausage Links Hash Brown Celery Sticks 100% Fruit Juice and Milk		

Alt. Pizza Sticks

Alt. Hot Dog on Whole Grain Roll

Alt. Yogurt with Nature Valley Graham Crackers

Alt. Chicken Patty on Whole Grain Roll

Alt. Fish Sticks with Whole Grain Roll

Choice of 1% White, non fat Chocolate, Strawberry and White Milk served with lunch every day

Breakfast entrée choices include Whole Grain Bars & Cereal every day, Fruit, 100% Fruit Juice & Assorted Milk offered daily.

Peanut Butter & Jelly Sandwich is offered daily as the third entrée choice

Menu subject to change without notice

Student Breakfast Free

Student Lunch \$2.50

Milk \$.50



To check your child's lunch account or to prepay for meals, visit www.k12paymentcenter.com

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