

November

2023 Middle School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Assorted Breakfast	2 Assorted Breakfast	3 Assorted Breakfast
		Hot Dog on Whole Grain Roll Macaroni & Cheese California Blend Vegetables Choice of Fruit and Milk	Pizza Tossed Salad Brownie Hummus Dip w/ Graham Crackers Choice of Fruit and Milk	Grilled Chicken Sandwich w/ Cheese Glazed Carrots Tater Tots Choice of Fruit and Milk
6 Assorted Breakfast	7 Assorted Breakfast	8 Assorted Breakfast	9 Assorted Breakfast	NO SCHOOL
Burrito w/ Taco Meat & Cheese Refried Beans Brown Rice Lettuce, Tomato, Salsa Choice of Fruit and Milk	Grilled Cheese on Whole Grain Bread Tomato Soup with Crackers Steamed Broccoli Choice of Fruit and Milk	Chicken Tenders w/ Whole Grain Roll Au Gratin Potatoes California Blend Vegetables Choice of Fruit and Milk	Cheese Ravioli w/ Marinara Sauce Texas Toast Tossed Salad Choice of Fruit and Milk	
13 Assorted Breakfast	14 Assorted Breakfast	15 Assorted Breakfast	16 Assorted Breakfast	17 Assorted Breakfast
Chili served w/ cheddar cheese & sour cream Cornbread Choice of Fruit and Milk	Baked Chicken Drumstick Whole Grain Roll Mashed Potatoes & Gravy Mixed Vegetables Choice of Fruit and Milk	Mozzarella Cheese Sticks w/ Marinara Sauce Tossed Salad Choice of Fruit Choice of Milk	Chicken & Cheese Quesadilla served w/ Salsa & Sour Cream Fiesta Rice Corn Choice of Fruit and Milk	Cheeseburger on Whole Grain Roll Lettuce, Tomato, Onion, Pickle Baby Baked Potatoes Baked Beans Choice of Fruit and Milk
20 Assorted Breakfast	21 Assorted Breakfast	22 Assorted Breakfast	23 NO SCHOOL	24 NO SCHOOL
French Toast Sticks w/Syrup Sausage Patty Hash Brown Fresh Veggies & Dip Choice of Fruit and Milk	Turkey, Stuffing & Mashed Potatoes w/Gravy Corn Apple Crisp Choice of Fruit & Milk	Corn Dog Nuggets Steamed Broccoli Baked Beans Choice of Fruit Choice of Milk		
27 NO SCHOOL	28 Assorted Breakfast	29 Assorted Breakfast	30 Assorted Breakfast	
	Pizza Tossed Salad Hummus w/ Fresh Veggies Whole Grain Cookie Choice of Fruit and Milk	Chicken Alfredo w/ Penne Pasta Steamed Broccoli Garlic Breadstick Choice of Fruit and Milk	Crunchy Fish Sandwich w/ Tartar Sauce Oven Fries Seasoned Green Beans Choice of Fruit and Milk	

Alt. Peanut Butter & Jelly
OR
Cold Deli Sandwich
Lettuce, Tomato, Onion
& Pickles

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OR
Cold Deli Sandwich
Lettuce, Tomato, Onion
& Pickles

Alt. Peanut Butter & Jelly
OR
Cold Deli Sandwich
Lettuce, Tomato, Onion
& Pickles

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Cold Deli Sandwich
Lettuce, Tomato, Onion
& Pickles

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OR
Cold Deli Sandwich
Lettuce, Tomato, Onion
& Pickles

Menu subject to change without notice

Assortment of Breakfast Choices Served Everyday
w/ Fruit, 100% Fruit Juice & Assorted Milk



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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