

NOVEMBER Lunch Calendar 2023

10/30	10/31	11/1	11/2	11/3
Popcorn Chicken, Onion Rings, Assorted sauces,	Chicken "BOOdle" soup, "Ghost" Grilled Cheese, carrot sticks, assorted chips,	Homemade Macaroni and cheese, caesar salad, garlic knot	Chicken Quesadillas, sour cream, salsa, black bean and corn salsa,	French Toast Sticks, syrup cup, Turkey Bacon, Smiley French Fries, assorted juice
Companion	Bag	Weekly	Menu	
Yogurt, choice of Zee Zee Oatmeal bars	Pepperoni, cheese stick, wheat crackers	Sunbutter and Jelly Sand, juice box, milk	Tostitos, Salsa, cheese stick	Pizza Anytimers pack

11/6	11/7	11/8	11/9	11/10
Hot Dog, Roll, Baked Beans, Assorted Chips	Grilled Chicken over veggie rice, Broccoli, dinner roll	Spaghetti with or without meatballs and sauce, garlic knot, cooked carrots	Pizza Boats, optional Pepperoni, Fries, Green Beans	NO SCHOOL Veterans Day
Companion	Bag	Weekly	Menu	
	Turkey & Cheese Anytimer	Pretzel, honey mustard or cheese cup	Warm Bagel with butter or cream cheese	Tostitos, Salsa, cheese,

11/13	11/14	11/15	11/16	11/17
Mozzarella Sticks, smiley fries, garden salad	Walking Taco! Choice of Dorito, tostito bag, turkey meat and asst toppings	½ DAY Pizza Anytimer pack, Carrots, Hummus cup, chips	Cheesy Pull Apart, marinara cup, chips, celery, ranch cup, cookie	NO SCHOOL Parent Teacher Conferences
Companion	Bag	Weekly	Menu	
Pretzel, honey mustard or cheese cup	Sunbutter and Jelly sand. Chips			

11-20	11/21	11/22	11/23	11/24
Grilled Cheese, Tomato Soup, Chips	Hamburger or Cheeseburger, emoji fries, broccoli	½ Day Turkey and Cheese Anytime pack, chips, carrots, hummus	Happy Thanksgiving!	NO SCHOOL
Companion	Bag	Weekly	Menu	
Sunbutter and Jelly Sandwich Chips	Yogurt, and a Zee Zee Bar			

Breakfast is served in the cafe every morning from 8:05-8:20. If your child rides the bus they will be let off upon arrival. If your child is dropped off at school, **please have them to school no later than 8:05 to come down.**

Trix : Cocoa Roos : Frosted Flakes : Cinnamon Toast Crunch : Marshmallow Mateys, fruity cheerios, cocos puffs, rice krispies, frosted flakes asst.Nutrigrain bars, asst Poptarts, assorted muffins. Assorted Oatmeal. * All whole grain and meet the NSLP standards.

Breakfast choice requirements are at least 1 fruit or vegetable and 2 (milk, grain or protein)
Lunch choice requirements are to take at least 5, but no less than 3!

DAILY BREAKFAST MENU:

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
cereal, grain, juice or fruit, cheese stick, asst yogurt, and milk	cereal, grain, juice or fruit, cheese stick, asst yogurt, and milk	cereal, grain, juice or fruit, cheese stick, asst yogurt, and milk	cereal, grain, juice or fruit, cheese stick, asst yogurt, and milk	cereal, grain, juice or fruit, cheese stick, asst yogurt, and milk

- THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.
- All Items are Offer vs. Serve. Meal Components should meet the SNLP standards
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