## November 2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | 1 <br> Breakfast: Biscuits and Gravy, Yogurt, Fruit, Juice, Milk <br> Lunch: Cheeseburgers, Vegetable, Fruit, Milk | 2 <br> Breakfast: Peanut Butter and Jelly Sandwich, Cereal, Yogurt, Fruit, Juice, Milk <br> Lunch: Chicken Fajitas, Vegetable, Fruit, Milk | 3 <br> Breakfast: Cinnamon Rolls, Cereal, Yogurt, Fruit, Juice, Milk <br> Lunch: Beef Alfredo, Vegetable, Fruit, Milk | 4 <br> Breakfast: Yogurt Parfait, Cereal, Yogurt, Fruit, Juice, Milk <br> Lunch: Chicken Sandwich, Vegetable, Fruit, Milk | 5 |
| 6 | 7 <br> Breakfast: Granola Bars, Cereal, Yogurt, Fruit, Juice, Milk <br> Lunch: Corn Dogs, Vegetable, Fruit, Milk | 8 <br> Breakfast: Pancakes, Sausage Links, Yogurt, Fruit, Juice, Milk <br> Lunch: Chicken Pot Pie, Vegetable, Fruit, Milk | 9 <br> Breakfast: Pop Tarts, Cereal, Yogurt, Fruit, Juice, Milk <br> Lunch: Meatloaf, Vegetable, Fruit, Milk | 10 <br> Breakfast: Oatmeal, Yogurt, Fruit, Juice, Milk <br> Lunch: Enchiladas, Vegetable, Fruit, Milk | 11 <br> Breakfast: Danish, Cereal, Yogurt, Fruit, Juice, Milk <br> Lunch: Ham and Beans, Cornbread, Vegetable, Fruit, Milk | 12 |
| 13 | 14 Breakfast: Toast with Jelly, Cereal, Yogurt, Fruit, Juice, Milk <br> Lunch: Chicken Fried Steak, Vegetable, Fruit, Milk <br> Board of Education Meeting @ 7:00 p.m. @ Potter | 15 <br> Breakfast: Tornados, Yogurt, Fruit, Juice, Milk <br> Lunch: Spaghetti, Vegetable, Fruit, Milk | 16 <br> Breakfast: Nutrigrain Bars, Cereal, Yogurt, Fruit, Juice, Milk <br> Lunch: Walking Taco, Vegetable, Fruit, Milk | 17 <br> Breakfast: Turnovers, Cereal, Yogurt, Fruit, Juice, Milk <br> Lunch: Thanksgiving Dinner, Vegetable, Fruit, Milk | 18 <br> Breakfast: Banana Bread, Cereal, Yogurt, Fruit, Juice, Milk <br> Lunch: Mini Corn Dogs, Vegetable, Fruit, Milk | 19 |
| 20 | 21 <br> Breakfast: Bagels with Cream Cheese, Cereal, Yogurt, Fruit, Juice, Milk <br> Lunch: Meal in a Bowl, Vegetable, Fruit, Milk | 22 <br> Breakfast: Breakfast Burrito, Yogurt, Fruit, Juice, Milk <br> Lunch: Tomato Soup, Grilled Cheese, Vegetable, Fruit, Milk | 23 No School - Thanksgiving | 24 <br> No School - Thanksgiving | 25 <br> No School - Thanksgiving | 26 |
| 27 | 28 <br> Breakfast: Toast with Cinnamon and Sugar, Cereal, Yogurt, Fruit, Juice, Milk <br> Lunch: Hot Ham and Cheese Sandwich, Vegetable, Fruit, Milk | 29 <br> Breakfast: Waffles, Bacon, Yogurt, Fruit, Juice, Milk <br> Lunch: Chili Frito Pie, Vegetable, Fruit, Milk | 30 <br> Breakfast: Long Johns, Cereal, Yogurt, Fruit, Juice, Milk <br> Lunch: Baked Chicken, Vegetable, Fruit, Milk |  |  |  |

"This institution is an equal opportunity provider."

