

MTUESD
Nutritious Meals
for Bright Minds!

NOVEMBER BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Egg & Turkey Sausage 	3 WG Breakfast Burrito 	4 Pancake & Sausage on a Stick 	5 Breakfast Pizza 	6 WG Cinnamon Roll 
9 Sausage, Egg & Cheese Biscuit 	10 Mini Pancakes & Turkey Sausage 	11 	12 Ham & Egg Bites 	13 Whole Wheat French Toast Sticks 
16 Egg & Cheese Biscuit 	17 Pancake Sausage Sandwich 	18 Breakfast Casserole with Cheez-It® 	19 Egg & Turkey Sausage Link 	20 WG Waffle & Turkey Sausage 
23 	24 	25 	26 	27 
30 Chef's Choice 	OFFER VS. SERVE Students must choose at least 3 of the 4 components, including at least 1/2 cup of fruits or vegetables.	DAILY BREAKFAST COMPONENTS  Grains  Protein  Fruits  Milk	MILK CHOICES 1% White Milk Fat Free Chocolate Milk Fat Free Strawberry Milk	USDA COMPLIANT  All meals meet USDA nutrition requirements and are school meal compliant.

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LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 KFC Chicken Bowl or Corn Dog 	3 Crisпитos or Bean & Cheese Burrito 	4 Turkey & Cheese or Ham & Cheese Sub 	5 Orange Chicken or Chicken Strips with a Roll 	6 Pepperoni or Cheese Pizza 
9 Lasagna or Chicken Nuggets with a Roll 	10 Beef or Bean & Cheese Nachos 	11 	12 Orange Chicken or Chicken Strips with a Roll 	13 Cheese or Pepperoni Pizza 
16 Chili Cheese Dog or Hot Dog 	17 Cheeseburger or Chicken Sandwich 	18 Thanksgiving Meal 	19 Orange Chicken or Chicken Strips with a Roll 	20 Cheese or Pepperoni Pizza 
23 	24 	25 	26 	27 
30 Chef's Choice 	OFFER VS. SERVE Students must choose at least 3 of the 5 components, including at least 1/2 cup of fruits or vegetables.	DAILY LUNCH COMPONENTS  Grains  Protein  Fruits  Vegetables  Milk	MILK CHOICES 1% White Milk Fat Free Chocolate Milk Fat Free Strawberry Milk	USDA COMPLIANT  All meals meet USDA nutrition requirements and are school meal compliant.