

# November 2022 Elementary Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Breakfast: Breakfast Bowl w/ Biscuit or Cereal Lunch: Bean & Cheese Burrito or Roast Beef & Cheese Sandwich	<b>2</b> Breakfast: Pancakes w/ Syrup or Bagel w/ Cream Cheese Lunch: Chicken Corn Dog or Pasta Marinara.	<b>3</b> Breakfast: Breakfast Burrito or Cereal Lunch: Breaded Chicken Sandwich or Pasta Marinara	<b>4</b> Breakfast: Cheesy Cornbread or Cereal Lunch: Pepperoni Pizza or Cheese Pizza
<b>7</b> Breakfast: Cheddar Cheese Bagel or Cereal Lunch: Broccoli Cheddar & Potato Bowl or Turkey & Cheddar Sandwich	<b>8</b> Breakfast: Sausage, Egg & Cheese Muffin Sandwich or Cereal Lunch: Beef Hot Dog or Bagel Kit	<b>9</b> Breakfast: Apple Farmers Market Bar or Cereal Lunch: Chicken Bacon Ranch Salad; Chicken Calzone or Red Beans & Rice.	<b>10</b> No School	<b>11</b> Campus Closed-No School
<b>14</b> Breakfast: Cereal Lunch: Cheeseburger, Sunbutter & Jelly Sandwich or Vegan Fried Rice	<b>15</b> Breakfast: String Cheese & Mini Muffin or Cereal Lunch: Chicken Fried Rice or Bagel Kit	<b>16</b> Breakfast: Sausage, Egg & Cheese Sandwich or Cereal Lunch: Farmer's Market Chicken Salad or Pasta Trio w/ Marinara & Cheese	<b>17</b> Breakfast: Cheesy Corn Bread or Cereal Lunch: Sloppy Joe or Mac & Cheese	<b>18</b> Breakfast: Blueberry Crumble or Cereal Lunch: Pepperoni Pizza or Cheese Pizza
<b>28</b> Breakfast: Cereal Lunch: Cheeseburger or Pasta X-Plosion	<b>29</b> Breakfast: Double Chocolate Chip Muffin or Cereal Lunch: Chicken Calzone, Bean & Cheese Burrito or Roast Beef & Cheese Sandwich	<b>30</b> Breakfast: Pancakes w/ Syrup or Cereal Lunch: Chicken Corn Dog; Chicken Caesar Wrap or Pasta w/ Marinara & Cheese		




# November 2022 Middle School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Breakfast: Double Chocolate Chip Muffin or Cereal Lunch: Bean & Cheese Burrito or Roast Beef & Cheese Sandwich	<b>2</b> Breakfast: Pancakes w/ Syrup or Bagel w/ Cream Cheese Lunch: Chicken Corn Dog or Pasta Marinara.	<b>3</b> Breakfast: Breakfast Burrito or Cereal Lunch: Breaded Chicken Sandwich or South of the Border Chili w/ Chips	<b>4</b> Breakfast: Cheesy Cornbread or Cereal Lunch: Pepperoni Pizza; Cheese Pizza or BBQ Chicken Wrap
<b>7</b> Breakfast: Cheddar Cheese Bagel or Cereal Lunch: Broccoli Cheddar & Potato Bowl or Turkey & Cheddar Sandwich	<b>8</b> Breakfast: Sausage, Egg & Cheese Muffin Sandwich or Bagel & Cream Cheese Lunch: Beef Hot Dog or Bagel Kit	<b>9</b> Breakfast: Apple Farmers Market Bar or Cereal Lunch: Chicken Bacon Ranch Salad; Chicken Calzone or Bagel Kit	<b>10</b> No School	<b>11</b> Campus Closed-No School
<b>14</b> Breakfast: Cereal Lunch: Cheeseburger or Vegan Fried Rice	<b>15</b> Breakfast: String Cheese & Mini Muffin or Cereal Lunch: Chicken Fried Rice or Bagel Kit	<b>16</b> Breakfast: Banana Chocolate Chunk Scone or Cereal Lunch: Farmer's Market Chicken Salad; Breaded Chicken Sandwich or Pasta Trio w/ Marinara & Cheese	<b>17</b> Breakfast: Breakfast Bowl w/ Biscuit or Cereal Lunch: Breaded Chicken Salad or Mac & Cheese	<b>18</b> Breakfast: Blueberry Crumble or Yogurt w/ Grahams Lunch: Pepperoni Pizza; Cheese Pizza or Chicken Caesar Salad
<b>28</b> Breakfast: Cereal Lunch: Cheeseburger or Pasta X-Plosion	<b>29</b> Breakfast: Double Chocolate Chip Muffin or Cereal Lunch: Chicken Calzone or Bean & Cheese Burrito	<b>30</b> Breakfast: Pancakes w/ Syrup or Bagel w/ Cream Cheese Lunch: Chicken Corn Dog or Pasta w/ Marinara & Cheese		



# November 2022 High School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Breakfast: Double Chocolate Chip Muffin or Cereal Lunch: Bean & Cheese Burrito or Roast Beef & Cheese Sandwich	<b>2</b> Breakfast: Bagel w/ Cream Cheese or Cereal Lunch: Chicken Corn Dog; Chicken Caesar Wrap or Pasta Marinara.	<b>3</b> Breakfast: Banana Chocolate Farmer's Market Bar or Cereal Lunch: Breaded Chicken Sandwich or South of the Border Chili w/ Chips	<b>4</b> Breakfast: Cheesy Cornbread or Cereal Lunch: Pepperoni Pizza; Cheese Pizza BBQ Chicken Sandwich
<b>7</b> Breakfast: Cheddar Cheese Bagel or Cereal Lunch: Broccoli Cheddar & Potato Bowl; Turkey & Cheddar Sandwich or Greek Chicken w/ Rice Pilaf	<b>8</b> Breakfast: Sausage, Egg & or Cereal Lunch: Beef Hot Dog; Curry Fried Rice or Bagel Kit	<b>9</b> Breakfast: Apple Farmers Market Bar or Cereal Lunch: Chicken Bacon Ranch Salad; Chicken Calzone or Bagel Kit	<b>10</b> No School	<b>11</b> Campus Closed-No School
<b>14</b> Breakfast: Cereal Lunch: Cheeseburger or Vegan Fried Rice	<b>15</b> Breakfast: String Cheese & Mini Muffin or Cereal Lunch: Chicken Fried Rice or Bagel Kit	<b>16</b> Breakfast: Sausage, Egg & Cheese Sandwich or Banana Chocolate Chunk Scone Lunch: Farmer's Market Chicken Salad; Pasta Trio w/ Marinara & Cheese or Breaded Chicken Sandwich	<b>17</b> Breakfast: Cereal Lunch: Breaded Chicken Salad or Mac & Cheese	<b>18</b> Breakfast: Blueberry Crumble or Cereal Lunch: Pepperoni Pizza; Cheese Pizza Chicken Caesar Salad
<b>28</b> Breakfast: Cereal Lunch: Cheeseburger or Pasta X-Plasion	<b>29</b> Breakfast: Double Chocolate Chip Muffin or Cereal Lunch: Chicken Calzone or Bean & Cheese Burrito	<b>30</b> Breakfast: Bagel w/ Cream Cheese or Cereal Lunch: Chicken Corn Dog; Chicken Caesar Wrap or Pasta w/ Marinara & Cheese		

