

November

Middle

Available with all meals:

- 1% or Nonfat Milk (Lactose Free Milk Available upon written request)
- Chocolate Milk served on Mondays and Thursdays
- Unlimited amounts of Fruits & Vegetables



Hamburger, Chicken Patty or Uncrustable offered as lunch second-choice daily

Monday	Tuesday	Wednesday	Thursday	Friday
⁴ <i>French Toast Sticks</i> Grilled Cheese Tomato Soup	⁵ <i>Choice of Muffin or Bagel & Cream Cheese</i> Pizza Bagels	⁶ <i>Oatmeal & Sausage Links</i> Chicken Nuggets Whole Grain Sun Chips	⁷ <i>Choice of Ubr Bar or Soft Cereal Bar</i> Breakfast Corn Dog Yogurt	⁸ Conferences No School
¹¹ Veteran's Day No School	¹² <i>Choice of Muffin or Bagel & Cream Cheese</i> Loaded Tatchos With the option of Shredded Pork, Shredded Cheddar, Cheese Sauce, etc	¹³ <i>Homemade Smoothie & Grahams</i> Beef & Broccoli Rice Bowl	¹⁴ <i>Choice of Ubr Bar or Soft Cereal Bar</i> Chili Dog	¹⁵ <i>Chocolate Donut</i> Breakfast Burrito With the option of Sausage, Egg, Cheese, Potatoes, etc
¹⁸ <i>Waffles</i> Homemade Buffalo Chicken Mac & Cheese	¹⁹ <i>Choice of Muffin or Bagel & Cream Cheese</i> Hot Italian Sub With Ham, Pepperoni, and Mozzarella	²⁰ <i>Breakfast Corn Dog</i> Orange Chicken Brown Rice	²¹ <i>Choice of Ubr Bar or Soft Cereal Bar</i> Walking Tacos	²² <i>Cinnamon Roll</i> French Toast & Sausage Links
²⁵ <i>Pancakes</i> Taquitos Mexican Street Corn Refried Beans	²⁶ <i>Homemade Muffin & Yogurt</i> Meatball Sub	²⁷ <i>Bagel & Cream Cheese</i> Chicken & Gravy Mashed Potatoes Stuffing Green Beans Roll Apple Pie	²⁸ Thanksgiving Break No School	²⁹ Thanksgiving Break No School

A meal must include 3 of the 5 following choices: meat or meat alternative, grain, fruit, vegetable and milk
 Students must take at least ½ cup of fruit or vegetables with their meal
 Menu is subject to change due to product availability
 SIA is an equal opportunity provider