



November 2017 – Breakfast Menu



***Fruit, juice, 8 oz white skim
or fat free chocolate milk served daily**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Egg omelets Toast or muffins & fruit	2 Mini pancakes or toast & fruit	3 English muffins or toast & bacon & fruit
6 Pancake wrapped sausage or toast & fruit	7 Assorted cereals or oatmeal toast, cheese sticks & fruit	8 Hard-boiled eggs & bacon Toast or muffins & fruit	9 French toast sticks or toast & fruit	10 Bagels or toast
13 Assorted cereals, cheese stick or toast	14 Pizza bagel or toast & fruit	15 Muffins or toast Sausage patty & fruit	16 English muffins or toast cheese sticks & fruit	17 Breakfast pizza or toast & fruit
20 Assorted cereals or toast & fruit	21 Mini pancakes or toast & fruit	22 Fuel up bag	23 	24 <i>NO SCHOOL</i> 
27 Yogurt or granola bar or toast & cheese sticks	28 Blueberry or plain bagels w/cream cheese or toast & fruit	29 Build your own yogurt parfaits or toast & fruit	30	

All breakfasts include one 8 oz. milk per serving, fruit or juice and are subject to change. Menu subject to change due to availability an/or school delays and cancellations. Contact Food Service with any questions or concerns at 563-5745.

November 2017 Lunch Menu

*Each combo includes 8oz white skim
or fat free chocolate milk, fruit or juice and vegetable*

Monday	Tuesday	Wednesday	Thursday	Friday	Knights' 2 nd Bite
		1 Chicken strips, stuffing, veggies & fruit	2 Turkey wraps, veggie toppings bar & fruit	3 Tomato soup, grilled cheese or PBJ sandwiches & fruit	Monday Calzones & Salad Bar
6 Soft tacos w/meat & cheese, veggie toppings & fruit	7 Cheese stuffed breadsticks, marinara dipping cup, veggies & fruit	8 Mini corndog, French fries, veggies & fruit	9 Rotini w/meat sauce, garden salad & fruit	10 Sub sandwiches, 3 meats, 2 cheeses, vegetable toppings & fruit	Tuesday Hamburger & Salad Bar
13 Shredded pork on a whole grain bun, coleslaw & fruit	14 Chicken patty on a whole grain bun, veggies & fruit	15 Hot dog, potato pieces, veggies & fruit	16 Asian chicken w/rice, veggies & fruit	17 French toast sticks, hash browns, sausage patties & fruit	Wednesday Pizza & Salad Bar
20 Pepperoni or Sausage pizza, garden salad & fruit	21 Nacho mounds, veggie toppings bar & fruit	22 Turkey w/gravy & mashed potatoes, veggies & fruit	<i>NO SCHOOL</i> 24 	<i>NO SCHOOL</i> 25 	Thursday Quesadillas & Salad Bar
27 Chicken alfredo, veggies & fruit	28 Knight Bowl – Popcorn chicken, mashed potatoes, cheese & corn & choice of fruit	29 Sloppy Joes, potato pieces, veggies & fruit	30 U.P. Pasty, coleslaw & fruit		Friday PB&J Jammers, Yogurt & Salad Bar

Milk, endless fruit and vegetables and low fat dressing served daily. Menu subject to change due to availability and/or school delays and cancellations. Canned fruit is in light syrup. If you have questions or concerns, contact Food Service at 563-5745.