



NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Dates That Rate: 11/7 NO SCHOOL 11/22 NO SCHOOL 11/23 NO SCHOOL 11/24 NO SCHOOL	Cheese Pizza Chicken Bacon Ranch Pizza ~~~~~ Chicken Caesar Salad Bagel Bundle Baby Carrots Apple Slices 1	Chicken Patty Sandwich Penne w Marinara ~~~~~ Chicken Caesar Salad Bagel Bundle Celery Sticks Fresh Orange 2	Penne w Meatballs Penne w Marinara ~~~~~ Chicken Caesar Salad Bagel Bundle Steamed Peas Mixed Fruit Cup 3
Egg, Cheese, Tater Tot Breakfast Burrito Grilled Cheese ~~~~~ Fruit and Cheese Plate Muffin & Yogurt Pack Cherry Tomatoes Warm Apples w Cinnamon 6	ELECTION DAY NO SCHOOL FOR STUDENTS 7	Cheese Pizza Pepperoni Pizza ~~~~~ Fruit and Cheese Plate Muffin & Yogurt Pack Baby Carrots Apple Slices 8	Mini Corn Dog Nuggets w Smile Fries Grilled Cheese ~~~~~ Fruit and Cheese Plate Muffin & Yogurt Pack Celery Sticks Fresh Orange 9	BBQ Chicken Sandwich or Grilled Cheese ~~~~~ Fruit and Cheese Plate Muffin & Yogurt Pack Steamed Peas Mixed Fruit Cup 10
Eggoji Waffles Chocolate Eggoji Waffles Tzatziki Beef Gyro ~~~~~ Garden Salad Cheese Sandwich Cherry Tomatoes Cinnamon Applesauce 13	Walking Nachos Tzatziki Beef Gyro ~~~~~ Garden Salad Cheese Sandwich Steamed Corn Juicy Pears 14	Cheese Pizza Tzatziki Beef Gyro ~~~~~ Garden Salad Cheese Sandwich Baby Carrots Apple Slices 15	Thanksgiving Feast Turkey, Stuffing, Mashed Potatoes, Gravy ~~~~~ Garden Salad Cheese Sandwich Green Beans Orange Smiles 16	Pizza Dippers w Marinara Tzatziki Beef Gyro ~~~~~ Garden Salad Cheese Sandwich Steamed Peas Mixed Fruit Cup 17
French Toast sticks Sausage Patty or Chicken Tenders ~~~~~ Turkey & Cheese Hoagie Chef's Choice Pack Cherry Tomatoes Warm Apples w Cinnamon 20	Beef & Cheese Tacos or Chicken Tenders ~~~~~ Turkey & Cheese Hoagie Chef's Choice Pack Black Beans Juicy Pears 21	IN-SERVICE DAY NO SCHOOL FOR STUDENTS 22	THANKSGIVING BREAK SCHOOL IS CLOSED 23	THANKSGIVING BREAK SCHOOL IS CLOSED 24
Pancakes w Sausage Patty Mac N' Cheese ~~~~~ BYO Pizza Taco Salad Cherry Tomatoes Cinnamon Applesauce 27	Chicken Chili Frito Bowl Mac N' Cheese ~~~~~ BYO Pizza Taco Salad Steamed Corn Juicy Pears 28	Cheese Pizza Sausage Pizza Mac N' Cheese ~~~~~ BYO Pizza Taco Salad Baby Carrots Apple Slices 29	Buffalo Mac N' Cheese Mac N' Cheese ~~~~~ BYO Pizza Taco Salad Celery Sticks Fresh Orange 30	Daily Offerings Include: PB&J Protein Pack 1% White Milk NF Chocolate Milk

NOTES

Lunch Prices: \$2.60 Full Free for Reduced
A Program meal must include items from at least 3 food groups, one of those items must be a ½ cup of fresh vegetable and either ½ cup of fresh fruit or 100% fruit juice to follow USDA guidelines for the NSLP. Any second entrée will be charged a la carte pricing to the student's account.

Wellness Tip of the Month:
Green Beans are a good source of carbohydrates, fiber, vitamin C vitamin K and beta carotene. The state of Oregon is the largest producer of green beans in the United States. Enjoy green beans during our Thanksgiving Feast on the 16th

