



# NOVEMBER 2023

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

## 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

