

# NOVEMBER 2019

## K-5 Breakfast Menu

Monday

Tuesday

Wednesday

Thursday

Friday

### DID YOU KNOW?

Throughout history, November was associated in large parts of the world with the beginning of winter and people would spend the month storing food and preparing their homes to survive the cold season.

Oatmeal w/ Toppings  
Choice of fruit  
Sausage Links  
100% fruit juice  
Choice of Cold Milk

1

### Daily Options:

- Variety of Donuts
- Variety of Cold Cereal
- Whole Grain Muffins
- Variety WG popartars
- Variety Yogurt

Banana Bread  
Sausage Patty  
Choice of fruit  
100% fruit juice  
Choice of Cold Milk

4

Biscuits & Gravy  
Hashbrown Sticks  
Choice of Fruit  
100% fruit juice  
Choice of cold milk

5

Homemade Cinnamon roll  
Choice of fruit  
100% fruit juice  
Choice of cold milk

6

Pig in a blanket  
Hashbrown  
Choice of fruit  
100% fruit juice  
Choice of cold milk

7

Banana Split parfait  
Granola  
Choice of fruit  
100% fruit juice  
Choice of cold milk

8

No School Veterans Day

11

Sausage & egg biscuit  
Hashbrown Sticks  
Choice of fruit  
100% fruit choice  
Choice of cold milk

12

Pillsbury grape crescent  
Choice of fruit  
100% fruit juice  
Choice of cold milk

13

Breakfast Bosco  
Hashbrown patty  
Choice of fruit  
100% fruit juice  
Choice of cold milk

14

French toast sticks  
Choice of fruit  
100% fruit juice  
Choice of cold milk

15

Breakfast Sliders  
Hashbrown sticks  
Choice of fruit  
100% fruit juice  
Choice of cold milk

18

Cinnamon & Sugar  
Donuts  
Choice of Fruit  
Choice of cold milk

19

Egg Patty w/ sausage  
Hash brown patty  
Choice of fruit  
Choice of milk

20

Bagel & Cream Cheese  
Choice of fruit  
Choice of cold milk

21

Cinnamon Bun Stick  
Choice of fruit  
100% fruit juice  
Choice of cold milk

22

Waffles with sunbutter  
Sausage links  
Choice of fruit  
Choice of cold milk

25

Oatmeal w/ toppings  
Choice of fruit  
100% fruit juice

26

Thanksgiving Break

27

Thanksgiving Break

28

Thanksgiving break

29

### School News

Thanksgiving is right around the corner!

We have brought some new menu items to the scene this month, and would love to have your feedback.

Count your blessings and have a great month!

# NOVEMBER 2019

## Meadowbrook Intermediate School Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

### DID YOU KNOW?

Throughout history, November was associated in large parts of the world with the beginning of winter and people would spend the month storing food and preparing their homes to survive the cold season.

1  
Ravioli  
Bread stick  
Side salad  
Cauliflower with ranch  
Vanilla pudding cup  
Choice of fruit  
Choice of Cold milk

4  
Mini corn dogs  
Mixed vegetables  
Tator tots  
Choice of fruit  
Choice of cold milk

5  
Popcorn Chicken  
Mashed potatoes  
Green beans  
Dinner roll  
Choice of fruit  
Choice of cold milk

6  
Toasted ham and cheese  
Side salad  
Carrot & celery sticks w/  
ranch  
Apple slices w/ caramel  
dip

7  
Chili w/ sunbutter  
sandwich  
Vegetable choice  
Blueberry crisp  
Choice of fruit  
Choice of cold milk

8  
Chili dog  
Celery sticks & cherry  
tomatoes w/ ranch  
Choice of fruit  
Choice of cold milk

11  
No School Veterans Day

12  
Cheeseburger  
Hashbrown coins  
Cheesy Broccoli  
Choice of fruit  
Cookie  
Choice of cold milk

13  
Chicken strips  
Sweet potato tots  
Corn on the cob  
Choice of fruit  
Choice of cold milk

14  
Spaghetti w/ meat sauce  
Garlic bread stick  
Tossed side salad  
Green beans  
Choice of fruit  
Choice of cold milk

15  
Super nachos  
Cheesy beans  
Sour cream, shredded  
cheese and salsa  
Choice of fruit  
Choice of cold milk

18  
Pizza cheese crunchers  
Spiral fries  
Vegetable choice  
Choice of fruit  
Choice of cold milk

19  
BBQ Rib on bun  
Lays potato chips  
Corn on the cob  
Choice of fruit  
Choice of cold milk

20  
Tomato Soup  
Toasted cheese sandwich  
Carrot sticks w/ ranch  
Choice of fruit  
Choice of cold milk

21  
Roasted Turkey  
Mashed potatoes & gravy  
Green beans  
Dinner roll  
Candied sweet potatoes  
Stuffing  
Pumpkin dessert

22  
Mini bosco sticks  
Marinara sauce  
Green beans  
Choice of fruit  
Choice of cold milk

25  
Chicken Drumstick  
Mac n cheese  
Vegetable choice  
Cinnamon applesauce  
cup  
Choice of cold milk

26  
Deli Sub sandwich  
Cheez-it crackers  
Vegetable choice  
Choice of fruit  
Vanilla pudding cup  
Choice of cold milk

27  
Thanksgiving Break

28  
Thanksgiving Break

29  
Thanksgiving break

### Daily Options:

Yogurt plates with:  
String cheese  
Granola  
Fresh fruit and  
vegetable

Meadowbrook only:  
Salad bar

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