

# November 2022

## Elementary & HS Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Chicken and Waffles or Cereal & Toast <b>AND</b> Grits <b>Chilled Applesauce</b> Fresh Fruit Potato Rounds Milk  Bananas (Pre K) Fresh Fruit (Sat)	<b>2</b> Build Your Own Breakfast Burrito or Cereal & Toast <b>AND</b> Grits <b>Chilled Pineapple (Pre-K&amp;Sat)</b> Fresh Fruit Potato Rounds Milk	<b>3</b> Strawberry Yogurt Parfait or Toast & Sausage or Cereal & Toast <b>AND</b> Grits <b>Chilled Pears (Pre-K&amp;Sat)</b> Fresh Fruit Potato Rounds Milk	<b>4</b> Cinnamon Rolls or Cereal & Toast <b>AND</b> Grits <b>Chilled Peaches (Pre-K&amp;Sat)</b> Fresh Fruit Potato Rounds Milk
<b>7</b> Bacon, Egg, & Cheese Biscuit or Cereal & Toast <b>AND</b> Grits <b>Chilled Pears (Pre-K &amp; Sat)</b> Fresh Fruit Potato Rounds Milk	<b>8</b> Waffle and Sausage or Cereal & Toast <b>AND</b> Grits <b>Chilled Applesauce</b> Fresh Fruit Potato Rounds Milk  Bananas (Pre K) Fresh Fruit (Sat)	<b>9</b> French Toast Sticks or Cereal & Toast <b>AND</b> Grits <b>Chilled Strawberries (Pre-K&amp;Sat)</b> Fresh Fruit Potato Rounds Milk	<b>10</b> Strawberry & Banana Smoothies Graham Crackers or Toast & Sausage or Cereal & Toast <b>AND</b> Grits <b>Chilled Pears (Pre-K&amp;Sat)</b> Fresh Fruit Potato Rounds Milk	<b>11</b> Glazed or Chocolate Donuts or Cereal & Toast <b>AND</b> Grits <b>Chilled Peaches (Pre-K&amp;Sat)</b> Fresh Fruit Potato Rounds Milk  National Apple Day!
<b>14</b> Chicken Biscuit or Cereal & Toast <b>AND</b> Grits <b>Chilled Pears (Pre-K&amp;Sat)</b> Fresh Fruit Potato Rounds Milk	<b>15</b> Dutch Waffle or Cereal & Toast <b>AND</b> Grits <b>Chilled Applesauce</b> Fresh Fruit Potato Rounds Milk  Bananas (Pre K) Fresh Fruit (Sat)	<b>16</b> Pancakes with Sausage or Cereal & Toast <b>AND</b> Grits <b>Chilled Strawberries (Pre-K&amp;Sat)</b> Fresh Fruit Potato Rounds Milk	<b>17</b> Banana Split Parfaits Graham Crackers or Toast & Sausage or Cereal & Toast <b>AND</b> Grits <b>Chilled Pears (Pre-K&amp;Sat)</b> Fresh Fruit Potato Rounds Milk	<b>18</b> Beignets or Cereal & Toast <b>AND</b> Grits <b>Chilled Peaches (Pre-K&amp;Sat)</b> Fresh Fruit Potato Rounds Milk
<b>21</b> Sausage Biscuit or Cereal & Toast <b>AND</b> Grits <b>Chilled Pears (Pre-K &amp; Sat)</b> Fresh Fruit Potato Rounds Milk	<b>22</b> Chicken and Waffles or Cereal & Toast <b>AND</b> Grits <b>Chilled Applesauce</b> Fresh Fruit Potato Rounds Milk  Bananas (Pre K) Fresh Fruit (Sat)	<b>23</b> Build Your Own Breakfast Burrito or Cereal & Toast <b>AND</b> Grits <b>Chilled Pineapple (Pre-K&amp;Sat)</b> Fresh Fruit Potato Rounds Milk	<b>24</b> School Closed <b>Happy Thanksgiving</b>	<b>25</b> School Closed
<b>28</b> Bacon, Egg, & Cheese Biscuit or Cereal & Toast <b>AND</b> Grits <b>Chilled Pears (Pre-K &amp; Sat)</b> Fresh Fruit Potato Rounds Milk	<b>29</b> Waffle and Sausage or Cereal & Toast <b>AND</b> Grits <b>Chilled Applesauce</b> Fresh Fruit Potato Rounds Milk  Bananas (Pre K) Fresh Fruit (Sat)	<b>30</b> French Toast Sticks or Cereal & Toast <b>AND</b> Grits <b>Chilled Strawberries (Pre-K&amp;Sat)</b> Fresh Fruit Potato Rounds Milk		

Boxed Lunch 1st grade

# November 2022

## Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday		
	1		3	4		
	<p><b>Southwest Bowl</b> Fajita Chicken Southwest Rice Shredded Cheese Shredded Lettuce &amp; Chopped Tomatoes Golden Corn Fresh Fruit Chilled Pineapples (Pre K &amp; Sat) Cinnamon Stick Milk</p> <p style="color: blue; font-size: 1.2em; transform: rotate(-15deg); font-family: cursive;">Boxed Lunch 1st grade</p>	2	<p><b>Chicken Smackers</b> Glazed Carrots Assorted Fruit Baked Beans Fresh Fruit Chilled Strawberries (Pre K &amp; Sat) Southern Butter Roll Milk</p> <p style="text-align: center;">Fries</p>	<p>Pizza Caesar Salad Fresh Fruit Chilled Applesauce Garlic Roll Milk</p>	4	<p><b>SFNS Popcorn Chicken Bowl</b> Chicken Smackers Mashed Potato with Gravy Shredded Cheese Golden Corn Fresh Fruit Chilled Pears (Pre K &amp; Sat) French Bread Cake Milk</p>
	8	9	10	11		
<p>Salisbury Steak Mashed Potatoes and Gravy Glazed Carrots Fresh Fruit Chilled Peaches (Pre K &amp; Sat) French Bread Milk</p>	<p>Beef Totchos Cheese Sauce Golden Corn Fresh Fruit Chilled Strawberries (Pre K &amp; Sat) Cinnamon Roll Milk</p>	<p><b>Hamburger</b> Fries Baked Beans Fresh Fruit Chilled Pineapples (Pre-K&amp;Sat) Milk</p>	<p>Chicken Parmesan Caesar Salad Fresh Fruit Chilled Applesauce Garlic Roll Milk  Bananas (Pre K) Fresh Fruit (Sat)  <i>Pre K Option</i> Chicken Nuggets</p>	<p>Chicken Nuggets Fries Broccoli with Cheese Fresh Fruit Chilled Pears (Pre K &amp; Sat) Southern Butter Roll Brownie Milk</p>		
14	15	16	17	18		
<p>Hamburger Lettuce &amp; Tomato  Baked Beans Fresh Fruit Chilled Peaches (Pre K &amp; Sat) Southern Butter Roll Milk</p>	<p>Crispy or Soft Beef Taco Shredded Cheese Shredded Lettuce &amp; Chopped Golden Corn Fresh Fruit Chilled Strawberries (Pre K &amp; Sat) Cinnamon Roll Milk  <i>Pre-K Option Only</i> Soft Beef Taco  Yellow Grilled Cheese Tots/Shoestring/Crinkle/Smiles</p>	<p><b>Asian</b> General Tso Chicken Smackers Fried Rice California Blend Vegetables Spring Salad Mix Fresh Fruit Chilled Mandarin Oranges (Pre-K &amp; Sat) Southern Butter Roll Milk  <i>Nutrition Day</i> Mushrooms</p>	<p><b>Thanksgiving Feast</b> Sliced Turkey Cajun Rice Dressing Carrot Souffle Seasoned or Italian Green Beans Fresh Fruit (Sat) Chilled Applesauce French Bread Cake Milk  Bananas (Pre K) Fresh Fruit (Sat)</p>	<p>Meatballs &amp; Spaghetti Caesar Salad Fresh Fruit Chilled Pears (Pre K &amp; Sat) Garlic Roll Milk</p>		
21	22	23	24	25		
<p>Sweet Heat Chicken Macaroni &amp; Cheese Seasoned or Italian Green Beans Glazed Carrots Fresh Fruit Chilled Peaches (Pre K &amp; Sat) Southern Butter Roll Milk</p>	<p><b>Disassembled Loaded Nacho Supreme Bowl</b> Meaty Nacho Cheese Nacho Chips Shredded Lettuce &amp; Tomatoes Refried Beans Fresh Fruit Chilled Strawberries (Pre K &amp; Sat) Cinnamon Stick Milk  <i>Pre-K Option Only</i> Yellow Grilled Cheese Tots/Shoestring/Crinkle/Smiles</p>	<p><b>French</b> Fried Chicken Drumstick Potatoes Au Gratin Carrot Souffle Fresh Fruit Chilled Pears (Pre-K &amp; Sat) French Bread Milk  <i>Pre-K Option Only</i> Chicken Nuggets</p>	<p>School Closed <b>Happy Thanksgiving</b></p>	<p>School Closed</p>		
28	29	30				
<p>Hamburgers Fries Baked Beans Carrot Souffle Fresh Fruit Chilled Peaches (Pre K &amp; Sat) French Bread Milk</p>	<p>Crispy or Soft Beef Taco Shredded Cheese Shredded Lettuce &amp; Chopped Golden Corn Fresh Fruit Chilled Strawberries (Pre K &amp; Sat) Cinnamon Roll Milk  <i>Pre-K Option Only</i> Soft Beef Taco</p>	<p><b>New Orleans, Louisiana</b> Red Beans Steamed Rice Breaded Pork Chops Creamed Spinach Fresh Fruit Chilled Pears (Pre K &amp; Sat) Southern Butter Roll Milk</p>				