


Breakfast & Lunch Menu November 2009 High School

**Cereal and Pop Tarts Offered
Daily As a Breakfast Choice.
Eight Fluid Ounces of Milk
Served with Each Meal.**

**Sandwiches, Salad and
Carrots Offered Daily.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2) <i>Breakfast</i> - Juice, Cereal, Fruit Churro</p> <p>Chickenwich Burrito / Sauce Pizza <i>Choice of:</i> tomato, sliced pears, fresh fruit, strawberry shortcake</p>	<p>3) <i>Breakfast</i> - Juice, Cinnamon Roll, Cheese Stick</p> <p>Pretzel / Cheese / SF Nuts Lite Corn Dog Chicken Caesar Salad <i>Choice of:</i> broccoli, applesauce cup, fresh pineapple, Clodhoppers</p>	<p>4) <i>Breakfast</i> - Juice, Egg/ Sausage Breakfast Sandwich</p> <p>Chicken Enchilada / Salsa Pepperoni Pocket Chickenwich / BBQ Sauce <i>Choice of:</i> celery, peaches, fresh fruit, Birthday Cake Ice Cream Cup</p>	<p>5) <i>Breakfast</i> - Juice, Yogurt, Muffin</p> <p>Chicken Nuggets Chef's Salad Pizza <i>Choice of:</i> peppers, pineapple, fresh apple slices, fruit turnover</p>	<p>6) <i>Breakfast</i> - Juice, Honey Bun</p> <p>Pizza Chickenwich Lite Hot Dog <i>Choice of:</i> cucumber, mandarin oranges, fresh fruit</p>
<p>9) <i>Breakfast</i> - Juice, Cereal, Sunflower Nuts</p> <p>Pizza Chickenwich Tuna Deli <i>Choice of:</i> tomato slices, pineapple tidbits, fresh orange</p>	<p>10) <i>Breakfast</i> - Juice, Breakfast Pizza</p> <p>Taco Salad / Salsa Pizza Dijon Chickenwich <i>Choice of:</i> celery, pears, fresh fruit, jello</p>	<p>11) <i>No School</i></p>  <p>Veterans' Day</p>	<p>12) <i>Breakfast</i> - Juice, Bagel / Cream Cheese</p> <p>Chicken Nuggets Chicken Caesar Salad Pizza <i>Choice of:</i> dinner roll, peppers, peaches, fresh fruit choice</p>	<p>13) <i>Breakfast</i> - Juice, Honey Bun</p> <p>Nachos / Cheese / SF Nuts Chickenwich / BBQ Sauce Lite Corn Dog <i>Choice of:</i> broccoli, mandarin oranges, fresh apple slices</p>
<p>16) <i>Breakfast</i> - Juice, Pancake / Sausage Stick / Syrup</p> <p>Pizza Lite Hot Dog Chickenwich <i>Choice of:</i> celery, mixed fruit, fresh fruit</p>	<p>17) <i>Breakfast</i> - Juice, Bagel / Cream Cheese</p> <p>Burrito / Sauce Cheese Quesadilla / Sauce Pizza <i>Choice of:</i> peppers, apricots, fresh fruit</p>	<p>18) <i>Breakfast</i> - Juice, Cereal, Muffin</p> <p>Chickenwich Pepperoni Pocket Chicken Caesar Salad <i>Choice of:</i> cauliflowerettes, peaches, fresh orange, cookie</p>	<p>19) <i>Breakfast</i> - Juice, Egg/ Sausage Breakfast Sandwich</p> <p>Taco Salad / Salsa Chicken Nuggets Lite Corn Dog <i>Choice of:</i> broccoli, pears, fresh fruit, churro</p>	<p>20) <i>Breakfast</i> - Juice, Yogurt, Fruit Churro</p> <p>Fishwich Pizza Spicy Chickenwich <i>Choice of:</i> cucumber, pineapple, fresh fruit</p>
<p>23) <i>Breakfast</i> - Juice, Honey Bun</p> <p>Teriyaki Dippers / Sauce Chicken Nuggets Chicken Caesar Salad <i>Choice of:</i> rice, veggie mix, peaches, fresh fruit, cookie pack</p>	<p>24) <i>Breakfast</i> - Juice, Pizza Pocket</p> <p>Italian Dunkers / Sauce Lite Corn Dog BBQ Burger <i>Choice of:</i> dinner roll, broccoli, mixed fruit, fresh fruit, fudge bar</p>	<p>25) <i>Breakfast</i> - Juice, Poptarts</p> <p>Pizza Burrito/ Sauce Chickenwich <i>Choice of:</i> mandarin oranges, fresh fruit</p>	<p>26) <i>No School</i></p> <p>27) <i>No School</i></p> <p style="font-size: 2em; color: blue; text-shadow: 2px 2px 4px #ccc;">Happy Thanksgiving</p>	