

# NOVEMBER 2017

## Northeast Jr High Breakfast & Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### DID YOU KNOW?

American football is the main sport watched in the United States during this month.

- 1
- Strawberry Mini Pancakes
  - Banana
- 
- BBQ Pulled Pork Sandwich or
  - Meatball Sub
  - Baked Waffle Fries
  - Vegetable Choices
  - Fruit Choices

- 2
- Breakfast Bites (turkey)
  - Syrup
  - Pineapple Tidbits
- 
- General TSO's Chicken
  - Vegetable Fried Rice
  - Vegetable Choices
  - Fruit Choices
  - Fortune Cookie

- 3
- Biscuits & Gravy
  - Mandarin Oranges
- 
- Pizza Crunchers
  - Corn
  - Vegetable Choices
  - Fruit Choices

- 6
- Oatmeal Bar
  - Sliced Pears
- 
- Spicy Chicken Sandwich
  - Vegetable Choices
  - Fruit Choices

- 7
- Bacon Scramble Pizza (turkey)
  - Strawberries
- 
- Fiestada Pizza/Taco Pizza
  - Refried Beans
  - Salsa
  - Vegetable Choices
  - Fruit Choices

- 8
- Blueberry Muffin
  - Banana
- 
- Spaghetti w/ Meat Sauce
  - Garlic Bread
  - Vegetable Choices
  - Fruit Choices

- 9
- Mini Cinnamon Rolls
  - Mixed Fruit
- 
- Popcorn Chicken
  - Mashed Potatoes
  - Vegetable Choices
  - Fruit Choices

- 10
- Blueberry Parfait
  - Applesauce
  - Cinnamon Crisps
- 
- Calzone
  - Corn
  - Vegetable Choices
  - Fruit Choices

- 13
- Mini Breakfast Pizzas
  - Cheese Stick
  - Orange Slices
- 
- Crispy Chicken Sandwich
  - Vegetable Choices
  - Fruit Choices

- 14
- Blueberry Bash Mini Waffles
  - Fresh Pineapple Wedge
- 
- Nacho Bites
  - Refried Beans
  - Rice
  - Salsa
  - Vegetable Choices
  - Fruit Choices

- 15
- Frosted Fudge Pop-Tart
  - Banana
- 
- Chili w/ Cornbread Muffin
  - Crackers
  - Vegetable Choices
  - Fruit Choices

- 16
- Breakfast Sandwich
  - Pineapple Tidbits
- 
- Spicy Chicken Fingers
  - Or
  - Chicken Fries
  - Dinner Roll
  - Vegetable Choices
  - Fruit Choices

- 17
- Cinnamon Glazed French Toast Sticks
  - Syrup
  - Sliced Peaches
- 
- Cheesy Garlic French Bread Pizza
  - Marinara sauce
  - Vegetable Choices
  - Fruit Choices

- 20
- Scone
  - Yogurt
  - Orange Slices
- 
- Cheeseburger
  - Deli Roasters
  - Vegetable Choices
  - Fruit Choices

- 21
- Pancakes
  - Syrup
  - Strawberries
- 
- Turkey & Gravy
  - Dinner Roll
  - Mashed Potatoes
  - Rice Krispie Treat
  - Vegetable Choices
  - Fruit Choices

22

NO SCHOOL

THANKSGIVING BREAK

23

NO SCHOOL

THANKSGIVING DAY

24

NO SCHOOL

THANKSGIVING BREAK

- 27
- Graham Smacker
  - Strawberries
- 
- Godfathers Pizza
  - Vegetable Choices
  - Fruit Choices

- 28
- Smoothie
  - Chocolate Elf Grahams
  - Grapes
- 
- Meat & Cheese Nachos
  - Salsa
  - Vegetable Choices
  - Fruit Choices

- 29
- Frosted Strawberry Pop-Tart
  - Banana
- 
- Lasagna
  - Garlic Bread
  - Vegetable Choices
  - Fruit Choices

- 30
- Chocolate Muffin
  - Orange Slices
- 
- Chicken Nuggets
  - Dinner Roll
  - Mashed Potatoes
  - Vegetable Choices
  - Fruit Choices



### Breakfast

Our breakfast includes all items listed plus a choice of milk and juice.

### Alternate Breakfast Entrees Offered Daily

- Cereal, Cereal Bars, Yogurt, Cheese Sticks, and Graham Crackers

### Lunch

Our lunch includes:

- All items listed plus a choice of milk.

### Alternate Lunch Entrees Offered Daily

- Deli Sandwiches
- BIG Salads
- Parfaits
- Wraps

### Variety of Fresh Fruit & Vegetables Offered Daily

\*Veggies available with reduced calorie ranch

For a color version of this menu and nutrition information, check out the food service department on the district website:

[www.silvis34.net](http://www.silvis34.net)

The USDA & SFA prohibit discrimination on the basis of race, color, national origin, sex, age, or disability. The USDA & SFA are an equal opportunity provider & employer.

\*Menu subject to change without notice\*