

NOVEMBER 2017

George O Barr Elementary 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
- Assorted Cereal
 - Bug Bite Graham Crackers
 - Banana

- Grilled Cheese Sandwich
 - Tomato Soup
- Fruit & Vegetable Choices
- Mixed Fruit
 - Broccoli Florets

- 2
- Breakfast Bites (turkey)
 - Syrup
 - Pineapple Tidbits
- Mandarin Orange Chicken
- Fruit & Vegetable Choices
- Sliced Pears
 - Vegetable Fried Rice
 - Sugar Snap Peas

- 3
- Assorted Cereal Bars
 - Yogurt
 - Mandarin Oranges
- Pizza Crunchers
- Fruit & Vegetable Choices
- Fruit Choice
 - Vegetable Choices
 - Corn

- 6
- Oatmeal Bar
 - Sliced Pears

- Hot Dog (turkey)
- Fruit & Vegetable Choices
- Grapes
 - BBQ Baked Beans
 - Celery Sticks

- 7
- Bacon Scramble Pizza (turkey)
 - Strawberries

- Fiestada Pizza/Taco Pizza
- Fruit & Vegetable Choices
- Orange Slices
 - Cucumber Slices
 - Shredded Lettuce
 - Diced Tomatoes

- 8
- Blueberry Muffin
 - Banana

- Spaghetti w/ Meat Sauce
 - Garlic Bread
- Fruit & Vegetable Choices
- Sliced Pears
 - Chopped Romaine
 - Mixed Fruit

- 9
- Assorted Cereal Bars
 - Vanilla Goldfish Crackers
 - Mixed Fruit

- Popcorn Chicken
- Fruit & Vegetable Choices
- Fruit Cocktail
 - Mashed Potatoes
 - Carroteenies

- 10
- Blueberry Parfait
 - Applesauce
 - Scooby Doo Graham Crackers

- Calzone
- Fruit & Vegetable Choices
- Fruit Choice
 - Vegetable Choices
 - Green Beans

- 13
- Assorted Cereal
 - String Cheese Stick
 - Orange Slices

- Crispy Chicken Sandwich
- Fruit & Vegetable Choices
- Sliced Peaches
 - Broccoli Florets
 - Corn

- 14
- Blueberry Bash Mini Waffles
 - Fresh Pineapple Wedge

- Nacho Bites
- Fruit & Vegetable Choices
- Honeydew Wedge
 - Refried Beans
 - Salsa
 - Kiwi

- 15
- Frosted Fudge Pop-Tart
 - Banana

- Chili w/ Cornbread Muffin
 - Crackers
- Fruit & Vegetable Choices
- Apple Slices
 - Broccoli Florets
 - Baby Carrots

- 16
- Breakfast Sandwich
 - Pineapple Tidbits

- Chicken Strips
 - Dinner Roll
- Fruit & Vegetable Choices
- Mixed Fruit
 - Corn
 - Chopped Romaine

- 17
- Cinnamon Glazed French Toast Sticks
 - Syrup
 - Sliced Peaches

- Cheesy Garlic French Bread Pizza
 - Marinara Sauce
- Fruit & Vegetable Choices
- Fruit Choice
 - Vegetable Choices

- 20
- Assorted Cereal
 - Yogurt
 - Fresh Pineapple Wedge

- Hamburger
- Fruit & Vegetable Choices
- Apple Slices
 - Deli Roasters
 - Celery Sticks

- 21
- Strawberry Mini Pancakes
 - Sliced Pears

- Turkey & Gravy
 - Dinner Roll
 - Mini Rice Krispie Treat
- Fruit & Vegetable Choices
- Fruit Cocktail
 - Mashed Potatoes

NO SCHOOL

THANKSGIVING
BREAK

NO SCHOOL

THANKSGIVING
DAY

NO SCHOOL

THANKSGIVING
BREAK

- 27
- Assorted Cereal
 - Colby Jack Cheese Stick
 - Strawberries

- Chicken Nuggets
 - Dinner Roll
- Fruit & Vegetable Choices
- Strawberries
 - Mashed Potatoes

- 28
- Smoothie
 - Chocolate Elf Grahams
 - Grapes

- Meat & Cheese Nachos
- Fruit & Vegetable Choices
- Apple Slices
 - Refried Beans
 - Salsa

- 29
- Frosted Strawberry Pop-Tart
 - Banana

- Lasagna
 - Garlic Bread
- Fruit & Vegetable Choices
- Mixed Fruit
 - Chopped Romaine

- 30
- Chocolate Muffin
 - Yogurt
 - Orange Slices

- Mac & Cheese
- Fruit & Vegetable Choices
- Fresh Pineapple Wedge
 - Celery Sticks
 - Grape Tomatoes
 - Mandarin Oranges



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

Lunch
Our lunch includes all items listed plus a choice of milk.

Fruit & Veggie Choices
Students get to choose from a variety of fruits & Veggies!

Fat free ranch offered daily for fresh vegetables.

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