

November 2017 Breakfast and Lunch Menu Fowler R4J

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Breakfast		Lunch	Breakfast Pizza	Muffin	NO SCHOOL	
Cold Cereal & Yogurt		Salad Bar	Chicken Fried Steak	Beef Soft Taco	Staff Inservice	
Fresh Fruit-Fruit Juice		Choice of Milk	w Gravy	Refried Beans		
Choice of Milk			Mashed Potatoes	Hot Sauce		
			Peaches	Applesauce		
5	6	7	8	9	10	11
	Cereal Bar	Biscuit and Gravy	Omelet/Sausage	French Toast	Muffin	
	Frito Pie	Hot Dog on A Bun	Chicken and Noodles	Ham and Cheese	Quesadilla	
	Tortilla	Tater Tots	Mashed Potatoes	Sandwich	Southwest Corn	
	Sugar Cookie	Pineapple	Roll	Sunchips	Applesauce	
	Pears		Peaches	Carrots-Celery		
				Mixed Friut		
12	13	14	15	16	17	18
	Cereal Bar	Breakfast Pizza	Pancake on a Stick	Frugal	Muffin	
	Hamburger on a Bun	Monte Cristo	Chili	Corn Dog	Turkey with Gravy	
	Potato Wedges	Cheese Sauce	Crackers-Donut	Tater Tots	Mashed Potatoes	
	Tomato-Onion-Pickle	California Vegetables	Carrots-Celery	Peaches	Stuffing-Roll	
	Applesauce	Tropical Fruit	Pears		Fruit Delight	
19	20	21	22	23	24	25
	NO SCHOOL	THANKSGIVING	VACATION	NO SCHOOL	NO SCHOOL	
26	27	28	29	30		
	Cereal Bar	Pancakes	Biscuit and Gravy	Mini Bagel		
	Lasagna	Tomato Soup	Salisbury Steak with	Sloppy Joe on a Bun		
	Corn	Baked Cheese	Gravy	Crinkle Cut Fries		
	Garlic Toast	Sandwich	Mashed Potatoes	Applesauce		
	Pineapple	Peaches	Roll			
			Pears			
						Menu
						Subject
						To
						Change