

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**2**  
Panther Sandwich  
Parfait  
Breakfast Bars  
Fresh or Canned Fruit  
Juice, Milk

**3**  
Pancakes/Sausage  
Parfait  
Breakfast Bars  
Fresh or Canned Fruit  
Juice, Milk

**4**  
Distance Learning Day  
  
\*For meals on virtual days,  
please call (540) 227-0023\*

**5**  
Sausage Biscuit  
Parfait  
Breakfast Bars  
Fresh or Canned Fruit  
Juice, Milk

**6**  
Chicken Biscuit  
Parfait  
Breakfast Bars  
Fresh or Canned Fruit  
Juice, Milk

**9**  
Breakfast Pizza  
Parfait  
Breakfast Bars  
Fresh or Canned Fruit  
Juice, Milk

**10**  
Chicken Biscuit  
Parfait  
Breakfast Bars  
Fresh or Canned Fruit  
Juice, Milk

**11**  
Distance Learning Day  
  
\*For meals on virtual days,  
please call (540) 227-0023\*

**12**  
Panther Sandwich  
Parfait  
Breakfast Bars  
Fresh or Canned Fruit  
Juice, Milk

**13**  
Pancakes/Sausage  
Parfait  
Breakfast Bars  
Fresh or Canned Fruit  
Juice, Milk

**16**  
Panther Sandwich  
Parfait  
Breakfast Bars  
Fresh or Canned Fruit  
Juice, Milk

**17**  
Pancakes/Sausage  
Parfait  
Breakfast Bars  
Fresh or Canned Fruit  
Juice, Milk

**18**  
Distance Learning Day  
  
\*For meals on virtual days,  
please call (540) 227-0023\*

**19**  
Chicken Biscuit  
Parfait  
Breakfast Bars  
Fresh or Canned Fruit  
Juice, Milk

**20**  
Breakfast Pizza  
Parfait  
Breakfast Bars  
Fresh or Canned Fruit  
Juice, Milk

**23**  
Chicken Biscuit  
Parfait  
Breakfast Bars  
Fresh or Canned Fruit  
Juice, Milk

**24**  
Glazed Donut or  
Cinnamon Roll  
Parfait or Breakfast Bars  
Fresh or Canned Fruit  
Juice, Milk

**25**  
**NO  
SCHOOL**

**26**  
**HAPPY  
THANKSGIVING!**

**27**  
**NO  
SCHOOL**

**30**  
Pancakes/ Sausage  
Parfait  
Breakfast Bars  
Fresh or Canned Fruit  
Juice, Milk



This menu is subject to change due to availability.  
For more information on which menu items may contain allergens, please contact the cafeteria manager.

Apply for Free or Reduced meals at: [www.lunchapplication.com](http://www.lunchapplication.com).

Register and create an account for your child at [www.K12PaymentCenter.com](http://www.K12PaymentCenter.com) to add money and view their purchases.

"This institution is an equal opportunity provider."

### Monday

**2**  
Pizza  
Corn, Side Salad  
PB&J  
Salads or Baked Potato  
Fruit, Juice & Milk

**9**  
Chicken Tenders, Roll  
Broccoli, Carrots  
PB&J  
Salads or Baked Potato  
Fruit, Juice & Milk

**16**  
Chicken Noodle Soup with  
Grilled Cheese  
Peas, Carrots  
Salads, PB&J or Baked Potato  
Fruit, Juice & Milk

**23**  
Cheeseburgers  
Fries, Peas  
PB&J  
Salads or Baked Potato  
Fruit, Juice & Milk

**30**  
Chicken Nuggets/ Roll  
Roasted Potato, Broccoli  
PB&J  
Salads or Baked Potato  
Fruit, Juice & Milk

### Tuesday

**3**  
Beefy Mac/Roll  
Side Salad, Peas  
PB&J  
Salads or Baked Potato  
Fruit, Juice & Milk

**10**  
Pork BBQ  
Cole Slaw, Baked Beans  
PB&J  
Salads or Baked Potato  
Fruit, Juice & Milk

**17**  
Spaghetti/ Meat Sauce with Roll  
Broccoli, Carrots  
PB&J  
Salads or Baked Potato  
Fruit, Juice & Milk

**24**  
Chicken Pot Pie  
Broccoli, Carrots  
PB&J  
Salads or Baked Potato  
Fruit, Juice & Milk

### Wednesday

**4**  
Distance Learning Day  
  
\*For meals on virtual days,  
please call (540) 227-0023\*

**11**  
Distance Learning Day  
  
\*For meals on virtual days,  
please call (540) 227-0023\*

**18**  
Distance Learning Day  
  
\*For meals on virtual days,  
please call (540) 227-0023\*

**25**  
NO  
SCHOOL

### Thursday

**5**  
Chicken Tenders/ Roll  
Broccoli, Carrots  
PB&J  
Salads or Baked Potato  
Fruit, Juice & Milk

**12**  
Chicken Nuggets/ Roll  
Broccoli, Carrots  
PB&J  
Salads or Baked Potato  
Fruit, Juice & Milk

**19**  
Beefy Mac with Roll  
Side Salad, Peas  
PB&J  
Salads or Baked Potato  
Fruit, Juice & Milk

**26**  
HAPPY  
THANKSGIVING!

### Friday

**6**  
Pizza  
Side Salad, Green Beans  
PB&J  
Salads or Baked Potato  
Fruit, Juice & Milk

**13**  
Pork BBQ  
Cole Slaw, Baked Beans  
PB&J  
Salads or Baked Potato  
Fruit, Juice & Milk

**20**  
Chicken Nuggets with Roll  
Roasted Potato, Broccoli  
PB&J  
Salads or Baked Potato  
Fruit, Juice & Milk

**27**  
NO  
SCHOOL



This menu is subject to change due to availability.

For more information on which menu items may contain allergens, please contact the cafeteria manager.

Apply for Free or Reduced meals at: [www.lunchapplication.com](http://www.lunchapplication.com).

Register and create an account for your child at [www.K12PaymentCenter.com](http://www.K12PaymentCenter.com) to add money and view their purchases.

"This institution is an equal opportunity provider."