

NOV 2022

GEAR UP FOR THE
TURKEY TROT
MARATHON



ANNOUNCEMENTS:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast Burrito Or ¹ Breakfast Cereal w/ Cheese stick Juice, Milk, Fruit	Sausage Kolache w/ ² Cheese Stick Or Grilled Cheese Sandwich Juice, Milk, Fruit	Sausage Biscuit Or ³ Cereal w/ Cheese stick Juice, Milk, Fruit	Muffin w/ Yogurt Or ⁴ Breakfast Cookie w/ Yogurt Juice, Milk, Fruit
⁷	Breakfast Sandwich Or ⁸ Cereal w/ Cheese stick Juice, Milk, Fruit	French Toast w/ Sausage & Yogurt Or Stuffed Bagel Juice, Milk, Fruit	Chicken Biscuit Or ¹⁰ Cereal w/ Cheese stick Juice, Milk, Fruit	Breakfast Bread w/ ¹¹ yogurt Or Breakfast Pocket Juice, Milk, Fruit
¹⁴	PB&J Or Cereal w/ ¹⁵ Cheese stick Juice, Milk, Fruit	Sausage Kolache w/ ¹⁶ Cheese Stick Or Breakfast Cookie w/ Yogurt Juice, Milk, Fruit	Breakfast Crackers w/ ¹⁷ Cheese stick or Cereal w/ Cheese stick Juice, Milk, Fruit	French Toast w/ ¹⁸ Sausage & Yogurt Or Cereal w/ Cheese stick Juice, Milk, Fruit
²¹	Holiday ²² Thanksgiving Break	Holiday ²³ Thanksgiving Break	Holiday ²⁴ Thanksgiving Break	Holiday ²⁵ Thanksgiving Break
²⁸	Breakfast Burrito Or ²⁹ Cereal w/ Cheese stick Juice, Milk, Fruit	Grilled Cheese ³⁰ Sandwich Or Sausage Kolache w/ Yogurt Juice, Milk, Fruit		



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chicken Quesadilla ¹ Or Nachos Grande
Choice of Veggie, Fruit, Juice and Milk

Crispy Chicken Sandwich ² Or Spaghetti Bowl w/ Breadstick
Choice of Veggie, Fruit, Juice and Milk

Breaded Pork Chops w/ Gravy & Roll ³ Or Western Burger
Choice of Veggie, Fruit, Juice and Milk

Cheeseburger Mac ⁴ Or Pepperoni Pizza
Choice of Veggie, Fruit, Juice and Milk

Chicken Fajitas ⁷ Or Tex Mex Stack ⁸
Choice of Veggie, Fruit, Juice and Milk

Philly Cheesesteak ⁹ Or Chicken Alfredo w/ Breadstick
Choice of Veggie, Fruit, Juice and Milk

Nachos Grande ¹⁰ Or Popcorn Chicken
Choice of Veggie, Fruit, Juice and Milk

Hot Dog ¹¹ Or Potato Bowl
Choice of Veggie, Fruit, Juice and Milk

Chili Cheese Totchos ¹⁴ Or Chicken-N-Waffles ¹⁵
Choice of Veggie, Fruit, Juice and Milk

Chicken Nuggets w/ Mac & Cheese ¹⁶ Or Asian Bowl w/ Egg Roll
Choice of Veggie, Fruit, Juice and Milk

Thanksgiving Meal ¹⁷

Roast Beef Sandwich ¹⁸ Or X-treme Burritos
Choice of Veggie, Fruit, Juice and Milk

Holiday Thanksgiving Break ²¹ ²²

Holiday Thanksgiving Break ²³

Holiday Thanksgiving Break ²⁴

Holiday Thanksgiving Break ²⁵

Bacon Ranch Quesadilla ²⁸ ²⁹ Or Nachos Grande
Choice of Veggie, Fruit, Juice and Milk

Spaghetti Bowl w/ Breadstick ³⁰ Or Grilled chicken Sandwich
Choice of Veggie, Fruit, Juice and Milk



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Asian Bowl w/ Egg Roll ¹	Chicken Ranch Crunchwrap ²	Ham & Cheese Sliders w/ Chips ³	Loaded Baked Potatoes ⁴
⁷	Chicken Strip Basket ⁸	Meatball Sub ⁹	Breakfast For Lunch: Bacon, Sausage, Eggs, Biscuits and Gravy ¹⁰	Tostadas ¹¹
¹⁴	BBQ Boneless Wings w/ Fries ¹⁵	Crispy Chicken Salad ¹⁶	Thanksgiving Meal ¹⁷	No Meal ¹⁸
²¹	Holiday Thanksgiving Break ²²	Holiday Thanksgiving Break ²³	Holiday Thanksgiving Break ²⁴	Holiday Thanksgiving Break ²⁵
²⁸	Buffalo Chicken Sandwich w/ chips ²⁹	Crispy Tacos w/ Beans & Rice ³⁰		

