

30	31	Nov 1	2	3	4	5
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Breakfast - Ham & Egg Biscuit or Cereal with Graham Crackers, Orange Juice, Fruit & Milk	Breakfast - Bites or Cereal with Graham Crackers, Orange Juice, Fruit, & Milk	Breakfast - Scrambled Eggs or Cereal with Graham Crackers, Whole Wheat Toast, Fruit, Orange Juice, & Milk	Breakfast - Honey Bun or Cereal with Graham Crackers, Fruit, Orange Juice, & Milk	Breakfast - Biscuit & Gravy or Cereal with Graham Crackers, Orange Juice, Fruit, & Milk
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Lunch - Pulled Pork Sliders, French Fries, Cole Slaw, Fruit & Milk- Alternative entree choice at JEMS & PHS will be Cheeseburger	Lunch - Beef Ravioli, Garlic Breadstick, Spinach Salad, Broccoli, Fruit, Cowboy Cookie, & Milk- Alternative entree choice at JEMS & PHS will be Cheese Quesadilla	Lunch - Nachos w/Ground Beef, Lettuce, Tomatoes, Corn, Fruit, & Milk- Alternative entree choice at JEMS & PHS will be Deli Flatbread	Lunch - Chicken Nuggets, Mashed Potatoes & Brown Gravy, Seasoned Green Beans, Whole Wheat Roll, Fruit & Milk- Alternative entree choice at JEMS & PHS will be Mini Corn Dogs	Lunch - Stromboli, California Blend, Baby Carrots, Ranch Dressing, Fruit, & Milk- Alternative entree choice at JEMS & PHS will be Chicken Sandwich
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6	7	8	9	10	11	12
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Breakfast - Breakfast Pizza or Cereal with Graham Crackers, Orange Juice, Fruit, & Milk	Breakfast - Bagel or Cereal with Graham Crackers, Cream Cheese, Jelly, Fruit, Orange Juice & Milk	Breakfast - Pancakes & Syrup or Cereal with Graham Crackers, Fruit, Orange Juice, & Milk	Breakfast - Blueberry Muffin, Yogurt or Cereal with Graham Crackers, Orange Juice, & Milk	Breakfast - Biscuit & Gravy or Cereal with Graham Crackers, Orange Juice, Fruit, & Milk
Lunch - Meatball Sub, Sweet Potato Fries, Baked Beans, Fruit	Lunch - Chicken Alfredo, Garlic Breadstick, Tossed Salad, Carrot Sticks, Fruit	Lunch - Mini Corn Dog, French Fries, Seasoned Green Beans, Fruit & Milk-	Lunch - Salisbury Steak, Mashed Potatoes & Brown Gravy,	Lunch - Sausage Roll, String Cheese, Sun Chips, Cucumbers & Tomatoes, Ranch

& Milk- Alternative entree choice at JEMS & PHS will be Hot Dog	Fruit & Milk- Alternative entree choice at JEMS & PHS will be Burrito W/Cheese	Alternative entree choice at JEMS & PHS will be Hamburger	California Blend, Whole Wheat Roll, Fruit, & Milk- Alternative entree choice at JEMS & PHS will be Chicken Sandwich	Dressing, Fruit, & Milk - Alternative entree choice at JEMS & PHS will be Cheeseburger - JEMS & PHS will be Cheeseburger
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13	14	15	16	17	18	19
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Breakfast - Blueberry Breakfast Stick or Cereal with Graham Crackers, Fruit, Orange Juice, & Milk	Breakfast - Chicken Biscuit or Cereal with Graham Crackers, Fruit, Orange Juice, & Milk	Breakfast - Wrap or Cereal with Graham Crackers, Hashbrowns, Orange Juice, Fruit, & Milk	Breakfast - French Toast Sticks or Cereal with Graham Crackers, Orange Juice, Fruit, & Milk	Breakfast - Biscuit & Gravy or Cereal with Graham Crackers, Orange Juice, Fruit, & Milk
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Lunch - Chicken Sandwich, Ranch Dressing, Seasoned Potato Wedge, Crunchy Carrot Sticks, Oranges, & Milk- Alternative entree choice at JEMS & PHS will be Cheeseburger - JEMS & PHS will be Cheeseburger	Lunch - Southwest Chicken Tacos, Salasa, Refried Beans w/Cheese, Corn, Fruit, Whole Wheat Applesauce, Cake, & Milk - Alternative entree choice at JEMS & PHS will be Chicken Quesadilla	Lunch - Poppin' Shrimp Poppers, Mac & Cheese, Spinach Salad, Fruit & Milk - Alternative entree choice at JEMS & PHS will be Chicken Tender	Lunch - Chicken Fingers, Mashed Potatoes & Brown Gravy, Seasoned Green Beans, Whole Wheat Roll, Fruit & Milk- Alternative entree choice at JEMS & PHS will be Hot Dog	Lunch - Pepperoni Pizza, Baby Carrots, Ranch Dressing, Fruit, & Milk--JEMS & PHS will have choice of Buffalo Chicken Sandwich
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20	21	22	23	24	25	26
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Breakfast - Ham & Egg Biscuit or Cereal with Graham	Breakfast - Breakfast Bites or Cereal with Graham Crackers,	Breakfast - Scrambled Eggs or Cereal with Graham Crackers, Whole	Breakfast - Honey Bun or Cereal with Graham Crackers,	Breakfast - Biscuit & Gravy or Cereal with Graham
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Crackers, Orange Juice, Wheat Toast, Fruit, Orange Crackers, Orange Juice, Fruit, & Milk Fruit, Orange Juice, & Milk Orange Fruit & Milk Juice, & Milk Juice, Lunch - Lunch - Chili, Lunch - BBQ Rib, Lunch - Fruit, & Burrito with Peanut Butter Mac & Cheese, Chicken Milk Cheese, or Cheese Seasoned Green Nuggets, Mashed Refried Beans Sandwich, Beans, Potatoes & with Cheese, Applesauce, Strawberries, & Brown Gravy, Corn, Fruit & Crunchy Carrot Milk-- Alternative Seasoned Milk--JEMS & Sticks, & Milk--entree choice at PHS will have JEMS & PHS JEMS & PHS will Green Beans, choice of will have be Chicken Whole Wheat Hamburger choice of Sandwich - JEMS Roll, Fruit & Chicken & PHS will be Chicken Milk- Quesadilla Sandwich Alternative entree choice at JEMS & PHS will be Mini Corn Dogs
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27	28	29	30	Dec 1	23
Breakfast - Breakfast - Breakfast - Breakfast - Breakfast - Breakfast Bagel or Cereal Pancakes & Blueberry Breakfast - Pizza or Cereal with Graham Syrup or Muffin, Yogurt Biscuit & with Graham Crackers, Cereal with or Cereal with Gravy or Crackers, Cream Cheese, Graham Graham Cereal with Orange Juice, Jelly, Fruit, Crackers, Crackers, Crackers, Fruit, & Milk Orange Juice & Fruit, Orange Yogurt, Fruit, Orange Milk Juice, & Milk Milk Juice, Fruit, & Milk	Lunch - Hot Lunch - Lunch - Lunch - Lunch - Dog, Lasagna, Garlic Hamburger, Tender, Mashed Pizza Sticks Seasoned Breadstick, Sweet Potato Potatoes, Potato Wedge, Tossed Salad Fries, Baked Brown Gravy, Cucumbers & with Ranch Beans, Fruit, & Seasoned Tomatoes, Dressing, Milk--HS and Green Beans, Fruit, & Milk-- Seasoned MS will have Whole Wheat JEMS & PHS Carrots, Fruit, choice of Mini Bread, Fruit, & will have & Milk--JEMS & Corn Dogs Milk- choice of BBQ PHS will have choice of Alternative Rib Hamburger entree choice at JEMS & PHS will be Hot Dog				