

 **BREAKFAST**

 **LUNCH**

Choice of Milk and
Variety of Fruit
offered daily

NOVEMBER 2018

Pre-K-4th Grade

All students are entitled to:

- 1 Free reimbursable Breakfast: Must choose 3 items 1 must be Fruit or Fruit Juice &
- 1 Free reimbursable Lunch: Must choose at least 3 items 1 must be a Fruit or Vegetable

Monday

Tuesday

Wednesday

Thursday

Friday

November 2, 2018 Exempt Fundraiser Day for Oak Forest Elementary.

November 16, 2018 Exempt fundraiser day for Jr. High, Oak Forest, Pine Forest & Vidor Elementary



Guests:
Breakfast \$2.00
Lunch \$4.25

No Students Waiver Day **5**

Breakfast: Breakfast Pizza **6**
Lunch: Beef Nacho's w/Cheese Or Tamales Spanish Rice Refried Beans Lettuce/Tomato, Salsa

Breakfast: Mini Pancakes **7**
Lunch: Chicken Nuggets w/Sauce Or Beef Nuggets Mashed Potatoes w/Gravy Peas & Carrots Romaine Salad w/Dressing

Breakfast: Yogurt & Fruit Parfait **8**
Lunch: Beef & Vegetable Soup W/Cornbread Or Corndog w/ Mayo or Mustard Romaine Salad w/ Dressing Sliced Cucumbers

Breakfast: Biscuit w/Gravy **9**
Lunch: Shrimp Poppers W/Colby Jack Cheese Stick Or Bosco Cheese stick w/Marinara Apple Cole Slaw Grape Tomatoes w/Ranch

Breakfast: Oatmeal or Cereal **12**
Lunch: Alpha Pizza Or Corndog w/ Mayo or Mustard Corn Steamed Carrots Romaine Salad w/Dressing

Breakfast: French Toast w/Syrup **13**
Lunch: Pulled Pork on Bun Or Grilled Chicken on Bun Baked Beans Lettuce/Pickles

Breakfast: Mini Bagels **14**
Lunch: Beef Nacho's w/Cheese Or Tamales Spanish Rice Refried Beans Lettuce/Tomato, Guacamole Salsa

Breakfast: Cowgirl Bread **15**
Lunch: Sliced Turkey, Cornbread Dressing Gravy, Cranberry Sauce Or Sausage Link on Bun w/Mayo or Mustard Baked Sweet Potatoes, Green Beans Homemade Yeast Rolls

Breakfast: Sausage Pancake on stick **16**
Lunch: Corndog w/Mayo or Mustard Mixed Vegetables Baby Carrots w/Ranch, Sliced Pickles
Early Dismissal Day No Second Choice

Thanksgiving Holiday **19**

Thanksgiving Holiday **20**

Thanksgiving Holiday **21**



Thanksgiving Holiday **23**

Breakfast: Banana Bread **26**
Lunch: Beef Tips Mashed Potatoes w/ Gravy Chuck Wagon Vegetables Homemade Dinner Roll Or Yogurt & Cheese Lunch Pack

Breakfast: Mini Donuts (Pre-K Cereal) **27**
Lunch: Chicken or Beef Tornado W/Cheese Sauce Or Chicken Fajita w/ Lime Refried Beans, Spanish Rice, Salsa Lettuce/Tomato

Breakfast: French Toast w/Syrup **28**
Lunch: Baked Penne Pasta w/Meat Sauce Or Cheese Stick w/Marinara Baked Zucchini Parmesan Baby Baker Potatoes Garlic Bread

Breakfast: Breakfast Burrito w/Salsa **29**
Lunch: Gumbo w/Rice & Crackers Or BBQ Link on Bun Baby Bakers Potato Salad Romaine Salad w/Dressing Chocolate Chip Cookie

Breakfast: Yogurt & Fruit Parfait **30**
Lunch: Sliced Ham Sandwich w/ Mayo or Mustard or Grilled Cheese Mixed Vegetables Baby Carrots, Romaine Salad w/Dressing

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