

 **BREAKFAST**

 **LUNCH**

Choice of Milk and
Variety of Fruit
offered daily

NOVEMBER 2018

5th Grade – 12th 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
Spanish Rice
Refried Beans
Lettuce/Tomato, Salsa

Breakfast: Mini Pancakes

7

Lunch: Chicken Nuggets w/Sauce
Mashed Potatoes w/Gravy
Peas & Carrots
Romaine Salad w/Dressing

Breakfast: Pig in a blanket

1

Lunch: Gumbo
Rice, Crackers
Potato Salad
Romaine Salad w/Dressing

Breakfast: Cheese Toast

2

Lunch: Hamburger on Bun
Mayo/Mustard/Ketchup
Mayo/Mustard/Ketchup
Lettuce/Pickle
Sweet potato Fries

Breakfast: Yogurt & Fruit Parfait

8

Lunch: Beef & Vegetable Soup
W/Cornbread
Romaine Salad w/ Dressing
Sliced Cucumbers

Breakfast: Biscuit w/Gravy

9

Lunch: Shrimp Poppers
W/Colby Jack Cheese Stick
Apple Cole Slaw
Grape Tomatoes w/Ranch
Cornbread

Breakfast: Oatmeal or Cereal

12

Lunch: Alpha Pizza
Corn
Steamed Carrots
Romaine Salad w/Dressing

Breakfast: French Toast w/Syrup

13

Lunch: Pulled Pork on Bun
Chuck Wagon Blend Vegetables
Baked Beans
Lettuce/Pickles

Breakfast: Mini Bagels

14

Lunch: Tamales
Spanish Rice
Refried Beans
Lettuce/Tomato, Guacamole
Salsa

Breakfast: Cowgirl Bread

15

Lunch: Sliced Turkey, Cornbread Dressing
Gravy, Cranberry Sauce
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



22

Thanksgiving Holiday

23

Breakfast: Banana Bread

26

Lunch: Beef Tips
Mashed Potatoes w/ Gravy
Chuck Wagon Vegetables
Homemade Dinner Roll

Breakfast: Mini Donuts

27

Lunch: Chicken or Beef Tornado
w/Cheese
Refried Beans, Spanish Rice
Salsa
Lettuce/Tomato

Breakfast: French Toast w/Syrup

28

Lunch: Baked Penne Pasta
W/Meat Sauce
Baked Zucchini
Parmesan Baby Baker Potatoes
Garlic Bread

Breakfast: Breakfast Burrito w/Salsa

29

Lunch: Gumbo w/Rice & Crackers
Baby Bakers Potato Salad
Romaine Salad w/Dressing
Chocolate Chip Cookie

Breakfast: Yogurt & Fruit Parfait

30

Lunch: Sliced Ham Sandwich
w/ Mayo or Mustard
Mixed Vegetables
Baby Carrots,
Romaine Salad w/Dressing