

BREAKFAST & LUNCH MENU for November 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30</p> <p>BCIG B: Breakfast Pizza BCIG L: Chicken & Cheese Burrito, Lettuce, Tomato, Cheese, Salsa, Taco Fiesta Beans, Spanish Rice, Mixed Fruit, Fresh Apple OA B: Apple Pocket or Cereal Pears & Toast OA L: Hamburger / WG Bun Baked Beans, Veggie Sticks Apple Slices</p>	<p>31</p> <p>BCIG B: Assorted Cereal, WG Toast BCIG L: Chicken Leg, Green Beans, Broccoli Salad, M & M Cookie, Bread-Butter, Peaches Fresh Apple OA B: Yogurt Parfait or Cereal Applesauce & Toast OA L: Garlic Cheese Flat Bread Green Beans, Veggie Sticks Pears, Side Kicks</p>	<p>1</p> <p>BCIG B: Cheese Omelet WG Toast BCIG L: Chicken Nuggets, Ele-Fruitables, Peas, *Salad Bar, *PB Sandwich Applesauce, Fresh Orange OA B: Breakfast Bites or Cereal Orange Cup & Toast OA L: Rotini/Meat Sauce, Spinach Salad, Veggie Sticks, Peach Cup, Bread Stick</p>	<p>2</p> <p>BCIG B: Ultimate Breakfast Round *Assorted Cereal BCIG L: Spaghetti, Tossed Salad w/Ranch, Baby Carrots, Breadstick, Pineapple, Fresh Apple OA B: French Toast Sticks or Cereal / Peach Cup & Toast OA L: Beef Taco / Soft Shell Corn, Veggie Sticks, Orange Half</p>	<p>3</p> <p style="text-align: center;">NO SCHOOL</p>
<p>6</p> <p>BCIG B: Pancakes w/Cinnamon Glaze *Sausage BCIG L: Mandarin Orange, Chicken, Carrots, Broc-Caulif Salad, Brown Rice, *PB Sandwich Pears, Fresh Apple OA B: Breakfast Pizza or Cereal Peach Cup & Toast OA L: Chicken Patty / WG Bun Green Beans, Veggie Sticks, Applesauce Cup</p>	<p>7</p> <p>BCIG B: Assorted Cereal WG Toast BCIG L: Corn Dog, French Fries Green Beans, Sidekicks, Fresh Orange OA B: Breakfast Stick or Cereal Applesauce Cup & Toast OA L: Cheese Sticks / Marinara Corn, Veggie Sticks, Pear Cup Side Kicks</p>	<p>8</p> <p>BCIG B: Breakfast Wrap Salsa BCIG L: Turkey & Cheese Sandwich, Ele-Mixed Green Salad, Peas *Salad Bar, Apricots, Fresh Apple OA B: Muffin or Cereal Pear Cup & Toast OA L: Cheeseburger Mac carrots, Veggie Sticks, Peach Cup</p>	<p>9</p> <p>BCIG B: Blueberry Muffin Yogurt BCIG L: Pork Patty/WG Bun 3 Bean Salsa, Corn Strawberries & Bananas, Fresh Orange OA B: Pancakes or Cereal Orange Half & Toast OA L: Beef Taco in a Bag Refried Beans, Veggie Sticks Banana</p>	<p>10</p> <p>BCIG B: Egg Patty, Bacon WG Toast BCIG L: French Bread Cheese Pizza, Spinach Salad, Baby Carrots *Cucumbers, Mandarin Oranges Fresh Apple OA B: Cheese Omelet or Cereal Banana & Toast OA L: Cheese Pizza, Spinach Salad, Veggie Sticks, Orange Half</p>
<p>13</p> <p>BCIG B: Sausage Breakfast Boat BCIG L: Chicken Patty/ WG Bun Broccoli Normandy, Celery Applesauce, Fresh Orange OA B: Yogurt Parfait or Cereal Peach Cup & Toast OA L: Chicken Nuggets, Green Beans, Veggie Sticks, Applesauce Cup, Bread / Jelly</p>	<p>14</p> <p>BCIG B: Cereal Bar WG Toast BCIG L: Taco-in- a-Bag, Lettuce, Tomato, Cheese, Salsa, Corn Animal Crackers, Mixed Fruit Fresh Pear OA B: Mini Bagel or Cereal Applesauce or Toast OA L: Hot Dog / WG Bun Baked beans, Veggie Sticks Peach Cup</p>	<p>15</p> <p>BCIG B: Cheese Omelet WG Toast BCIG L: Popcorn Chicken, Ele-Cucumbers, Cherry Tomatoes Mixed Vegetables, *Salad Bar *PB Sandwich, Peaches, Apple OA B: Chocolate Donut or Cereal / Pear Cup & Toast OA L: Turkey Gravy, Potatoes Veggie Sticks, Pumpkin Pie Dinner Roll</p>	<p>16</p> <p>BCIG B: Mini Cinnis *Assorted Cereal BCIG L: Chicken Alfredo, Tossed Salad w/Ranch, Cooked Carrots Breadstick, Strawberry Cup, Fresh Banana OA B: French Toast Sticks or Cereal / Orange Half & Toast OA L: Beef Nachos, WG Tortilla Chips, Carrots, Veggie Sticks Banana</p>	<p>17</p> <p>BCIG B: Sausage Pancake Wrap BCIG L: Hamburger/WG Bun Baked Beans, Potato Salad Pineapple, Fresh Apple OA B: Cinnamon Roll or Cereal Banana & Toast OA L: Fish Sandwich WG Flatbread, Spinach Salad Veggie Sticks, Orange Half</p>
<p>20</p> <p>BCIG B: Egg & Cheese Burrito Salsa BCIG L: Chicken Leg, Scalloped Potatoes, Green Beans, Bread-Butter, Pumpkin Bar, Pears, Apple OA B: Apple Frudel or Cereal Peach Cup & Toast OA L: Orange Chicken, Spinach Salad, Veggie Sticks, Applesauce Cup, WG Rice</p>	<p>21</p> <p>BCIG B: Pop Tart , Yogurt BCIG L: BBQ Pork Rib/WG Bun Caesar Salad, Peas, Applesauce Cup, Fresh Orange OA B: Egg Wrap or Cereal Applesauce Cup & Toast OA L: Cheese Pizza, Corn Veggie Sticks, Peach Cup Bread / Jelly, Side Kicks</p>	<p>22</p> <p style="text-align: center;">NO SCHOOL</p>	<p>23</p> <p style="text-align: center;">THANKSGIVING</p>	<p>24</p> <p style="text-align: center;">NO SCHOOL</p>
<p>27</p> <p>BCIG B: Breakfast Pizza BCIG L: Meatloaf, Mashed Potatoes, Corn, Bread-Butter Mixed Fruit, Fresh Orange OA B: Breakfast Pizza or Cereal Peach Cup & Toast OA L: Popcorn Chicken, Green Beans, Veggie Sticks, Pear Cup Side Kicks</p>	<p>28</p> <p>BCIG B: Assorted Cereal WG Toast BCIG L: Teriyaki Chicken/ WG Bun, Broccoli W/Cheese, Fruitables Juice, Mandarin Oranges, Fresh Apple OA B: Cheese Omelet or Cereal Applesauce Cup & Toast OA L: Pork Patty / WG Bun Steamed Broccoli, Veggie Sticks Peach Cup</p>	<p>29</p> <p>BCIG B: Cheese Omelet WG Toast BCIG L: Meatball Sub, Sweet Potato Tots, Green Beans, Apricots Fresh Apple OA B: Muffin or Cereal Pear Cup & Toast OA L: Sloppy Joe / WG Bun Baked Beans, Veggie Sticks Apple Crisp</p>	<p>30</p> <p>BCIG B: Glaze Donut *Assorted Cereal BCIG L: Crispito, Lettuce, Tomato Cheese, Salsa, Taco Fiesta Beans Spanish Rice, Applesauce, Banana OA B: Chocolate Donut or Cereal / Banana & Toast OA L: Chicken Fajita, Corn Veggie Sticks, Orange Half</p>	<p><i>In accordance with Federal Law and USDA policy, this institution is an equal opportunity provider and employer.</i></p> <p><i>Milk choice, fruit and juice served daily. All breads are whole grain.</i></p> <p>*Available only at the high school.</p>