

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 MENU IS SUBJECT TO CHANGE BREAKFAST IS SERVED WITH JUICE AND MILK LUNCH IS SERVED WITH MILK	2 WG Cereal Fruit Chicken Tenders Cucumber Slices Dinner Roll Apple	3 WG Mini Waffles Fruit Nachos Tortilla Chips Cheese Dip Tomato Salsa Baby Carrots/Ranch Pineapple	4 Egg Omelet English Muffin/Fruit Egg Wrap Breakfast Potatoes Orange Juice WG Muffin	5 Sausage, Egg & Cheese Bar/ WG Toast Pulled Pork Sandwich Fresh Broccoli Diced Peaches	6 WG Muffin Yogurt/Fruit Breaded Mozzarella Cheese Sticks Garden Salad/Ranch Applesauce Cup	7
8	9 WG Cereal Fruit Breaded Chicken Leg Dinner Roll Green Beans Mixed Fruit	10 WG Breakfast Pizza Fruit WG Bean Burrito Corn Applesauce	11 Breakfast Burrito Fruit Mandarin Orange Chicken WG Vegetable Egg Roll Pineapple	12 Sausage & Pancake on a Stick/Fruit Chicken Parmesan Baby Carrots/Ranch WG Breadstick Banana	13 WG Bagel/Cream Cheese Yogurt/Fruit WG Cheese Pizza Tossed Salad/Ranch Apple Slices	14
15	16 WG Cereal Fruit Mini Meatball Sub/WG Bun Cucumber Slices Diced Pears	17 WG Breakfast Wrap Fruit WG Sun Butter Sandwich Baby Carrots/Ranch Apple Slices	18 Cheese Omelet WG Toast/Fruit Fish Sticks Celery Sticks/Carrots Diced Peaches	19 WG Mini Pancakes Fruit Chicken Alfredo WG Breadstick Fresh Broccoli Orange Wedges	20 WG Muffin Yogurt/Fruit WG Pepperoni Pizza Tossed Salad/Ranch Banana	21
22	23 WG Cereal Fruit Cheddarwurst/WG Bun Fresh Broccoli Mixed Fruit	24 WG Mini French Toast Fruit Turkey & Cheese Sub Sun Chips Baby Carrots/Ranch Applesauce	25 No School	26 No School	27 No School	28
29	30 WG Cereal Fruit Chicken Nuggets Dinner Roll Green Beans Diced Peaches					
Application for Free/Reduced Meals is available www.unitedcomets.org or in the district office						**This Institution is an Equal Opportunity Provider**

Please Note: All meals include milk, fruit, vegetable, grain, and meat/meat alternate. Milk choice includes choice of non-fat (flavored or unflavored) or 1% (unflavored) milk. Reduced fat dressing is served with salads and fresh vegetables. All grain items are Whole Grain Rich