

# NOVEMBER MENUS



**Empowering futures together**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choose <b>MyPlate</b>.gov</p>		<p><b>1</b></p> <p><b>BREAKFAST:</b> Soft Granola Bar, Bug Bites Graham Cracker, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Chicken Tenders OR Yogurt Trifle, Mashed Potatoes, Gravy, Peaches, Banana, Dinner Roll</p>	<p><b>2</b></p> <p><b>BREAKFAST:</b> Berry Bread, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Beefy Nachos w/Cheese OR Taco Pizza, Corn, Refried Beans, Salsa, Grapes, Mixed Fruit</p> <p style="background-color: #800000; color: white; text-align: center; padding: 2px;"><b>Senior Citizens' Lunch Day</b></p>	<p><b>3</b></p> <p><b>BREAKFAST:</b> Cinnamon Roll Crackers, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Grilled Cheese OR Dippin Fun/ Cheese Cup, Goldfish Crackers, Celery, Vegetable Punch, Tomato Soup, Frozen Slushy, Raisins</p>
<p><b>6</b></p> <p><b>BREAKFAST:</b> Banana Bread, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Corn Dog on a Stick OR Egg Canadian Bacon Muffin, Potato Salad, Baked Beans, Apple Slices, Juice</p>	<p><b>7</b></p> <p><b>BREAKFAST:</b> Mini Waffles, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Local Pizza Hut Pizza w/Pizza Sauce OR Egg Salad Bunny Wrap w/Chex, Rainbow Garden Bar, Rosy Applesauce, Fruit Slushy</p>	<p><b>8</b></p> <p><b>BREAKFAST:</b> Cereal, Graham Crackers, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Chicken Patty Sandwich OR Bosco Cheese Sticks w/Marinara, Baked Fries, Sour Raisins, Pears</p>	<p><b>9</b></p> <p><b>BREAKFAST:</b> Cinna Mini Roll, Fruit and/or Juice, Milk</p> <p><b>LUNCH:</b> Two Tacos OR Sack Lunch: Cheese Stick, Yogurt, Honey Grahams, Fruit &amp; Vegetable, Corn, Lettuce, Salsa, Banana, Juice</p> <p style="background-color: #800000; color: white; text-align: center; padding: 2px;"><b>Senior Citizens' Lunch Day</b></p>	<p><b>10</b></p> <p><b>BREAKFAST:</b> Breakfast Bar, Fruit and/or Juice, Milk</p> <p><b>LUNCH:</b> Cheese Quesadilla OR Grilled Cheese, Seasoned Beans, Strawberries, Cantaloupe</p>
<p><b>13</b></p> <p><b>BREAKFAST:</b> Small Muffin, Cheddar Cubes, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Hamburger OR Grilled Chickenburger Sandwich, Baked Fries, Baked Beans, Craisins, Grapes</p>	<p><b>14</b></p> <p><b>BREAKFAST:</b> Cereal, Yogurt, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Cheese Flatbread Pizza OR Stuffed Pepperoni Sandwich, Rainbow Garden Bar, Orange Slices, Juice</p>	<p><b>15</b></p> <p><b>BREAKFAST:</b> Cereal, Graham Crackers, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Popcorn Chicken OR Hot Turkey Sandwich, Mashed Potatoes, Gravy, Roasted Edamame, Apple Slices, Mandarin Oranges, Dinner Roll</p>	<p><b>16</b></p> <p><b>BREAKFAST:</b> Heartzels Pretzels, String Cheese, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Spaghetti &amp; Meatballs OR Pretzel w/Warm Cheese, Rainbow Garden Bar, Banana, Peaches, Breadstick</p>	<p><b>17</b></p> <p><b>BREAKFAST:</b> French Toast Minis, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Tropical Yogurt Parfait w/Fruity Cheerios OR Fish Nuggets w/Dinner Roll, Broccoli w/Cheese Sauce, Strawberries, Pineapple</p>
<p><b>20</b></p> <p><b>BREAKFAST:</b> Strawberry Crackers, String Cheese, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Sloppy Joes OR Turkey Sandwich on a Fish Bun, Sweet Potato Fries, Mixed Fruit, Apple Slices, Heartzels Pretzels</p>	<p><b>21</b></p> <p><b>BREAKFAST:</b> Soft Granola Bar, Yogurt Cup, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Roasted Turkey OR Hot Egg Turkey Bacon Sandwich, Mashed Potatoes, Gravy, Cranberries, Banana, Dinner Roll, Apple Strudel</p> <p style="background-color: #800000; color: white; text-align: center; padding: 2px;"><b>Senior Citizens' Lunch Day</b></p>	<p><b>22</b></p> <p style="text-align: center;"><b>NO SCHOOL THANKSGIVING BREAK</b></p>	<p><b>23</b></p> <p style="text-align: center;"><b>NO SCHOOL THANKSGIVING BREAK</b></p>	<p><b>24</b></p> <p style="text-align: center;"><b>NO SCHOOL THANKSGIVING BREAK</b></p>
<p><b>27</b></p> <p><b>BREAKFAST:</b> Cereal, Crackers, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Oriental Chicken Noodle Bowl OR Deli Wrap, Egg Rolls, Green Beans, Mandarin Oranges, Apple Slices</p>	<p><b>28</b></p> <p><b>BREAKFAST:</b> Elf Grahams, String Cheese, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Wild Mike's Cheese Pizza OR Cheddar Biscuit w/Chili, Rainbow Garden Bar, Watermelon, Pineapple</p>	<p><b>29</b></p> <p><b>BREAKFAST:</b> Soft Granola Bar, Bug Bites Graham Cracker, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Chicken Nuggets OR Flat Parfait/ Yogurt, Peaches, Blueberries, Granola, Baked Fries, Baked Beans, Craisins, Dinner Roll</p>	<p><b>30</b></p> <p><b>BREAKFAST:</b> Berry Bread, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Omelet, French Toast, Bagel, Jelly OR Tuscan Pasta Salad w/Cheese Sticks, Hash Browns, Banana, Rosy Applesauce</p>	<p><b>Breakfast includes juice or fruit &amp; milk.</b></p> <p><b>All meals include choice of milk: 1%, Skim, Chocolate Skim.</b></p>

**Natalie Miller**  
**Class of 2017 Graduate:**

*The teacher that inspired me the most is...*



**Tammy Kuehl, Biology Teacher**  
**Jefferson High School**

**Natalie states:** "Mrs. Kuehl has had a really big impact on my work ethic. I took Anatomy and AP Bio and those classes made me work really hard."

The work ethic I built with these classes is going to carry through to the work I do at Carroll University next year. She doesn't lower her expectations for any of us, we just keep rolling and learning more."

