

**MINGO COUNTY SCHOOLS – CHILD NUTRITION
HIGH SCHOOL BREAKFAST/LUNCH MENU
NOVEMBER 2017**

Monday				Friday
<p>**** Breakfast choices include fresh fruit, fruit juice, milk, yogurt and cereal.</p>	<p>**** Lunch choices include milk, fresh fruits and vegetables on the salad bar.</p>	<p>1 Pancake on a Stick Fruit & Juice</p> <p>Chicken & Noodles Broccoli Parmesan Honey Carrot Coins Cornbread Margarine Pineapple Milk Yogurt</p>	<p>2 Breakfast Pastry & String Cheese Fruit & Juice</p> <p>Steak & Gravy Mashed Potatoes Green Beans WG Hot Roll w/ Margarine Peaches Milk</p>	<p>3 Chicken Slider Fruit & Juice</p> <p>Chicken Fries Baked Oven Potatoes Caesar Salad Milk Cheese Breadstick Mandarin Oranges Jello w/Fruit</p>
<p>6 Breakfast Wrap Fruit & Juice</p> <p>Breaded Chicken Sandwich on WG Bun Quick Baked Potato Baked Beans Pears Milk</p>	<p>7 Muffin & String Cheese Fruit & Juice</p> <p>Pepperoni Roll Broccoli Parmesan Honey Carrot Coins Fruit Cocktail Milk Yogurt Chex Mix</p>	<p>8 Strawberries & Cream Dunkers Fruit & Juice</p> <p>Chicken Nuggets Mashed Potatoes Green Beans Breadstick Pineapple Milk Pudding</p>	<p>9 Chicken Slider Fruit & Juice</p> <p>Spaghetti w/ Meat Sauce Caesar Salad Steamed Corn WG Hot Roll w/ Margarine Applesauce Milk</p>	<p>10 Holiday Veteran's Day</p>
<p>13 Bagel w/Cream Cheese/ Wowbutter/Jelly Fruit & Juice</p> <p>Cheeseburger on WG Bun Lettuce & Tomato Baked Oven Potatoes Baked Beans Applesauce Milk</p>	<p>14 Sausage Biscuit Fruit & Juice</p> <p>Chicken Fajitas Lettuce, Tomato & Cheese Steamed Corn Chips & Salsa Mandarin Oranges Milk Scooby Bones</p>	<p>15 Muffin & Yogurt Fruit & Juice</p> <p>French Bread Pizza Honey Carrot Coins Broccoli Parmesan Fruit Cocktail Yogurt Milk Chex Mix</p>	<p>16 MVP Breakfast & String Cheese Fruit & Juice</p> <p>Turkey & Stuffing Mashed Potatoes w/Gravy Green Beans WG Hot Roll w/ Margarine Strawberry Tart Fresh Fruit Milk</p>	<p>17 Breakfast Pizza Fruit & Juice</p> <p>Beef Vegetable Soup Grilled Cheese Sandwich Caesar Salad Crackers Broccoli & Cauliflower with Dip Fruit Crisp Milk Pineapple</p>
<p>20</p> <p style="text-align: center;">Cook's Choice</p>	<p>21</p> <p style="text-align: center;">Cook's Choice</p>	<p>22</p> <p style="text-align: center;">No School Thanksgiving Break</p>	<p>23</p> <p style="text-align: center;">Holiday Happy Thanksgiving</p>	<p>24</p> <p style="text-align: center;">No School Thanksgiving Break</p>
<p>27 Pancake on a Stick Fruit & Juice</p> <p>Pizza Honey Carrot Coins Broccoli Parmesan Yogurt Scooby Bones Milk Applesauce</p>	<p>28 Breakfast Pizza Fruit & Juice</p> <p>Breakfast for Lunch Sausage Eggs Biscuit Warm Apples Diced Potatoes Salsa Milk Strawberry Smoothie</p>	<p>29 Chicken Biscuit Fruit & Juice</p> <p>Tacos/Taco Salad Lettuce, Tomato & Cheese Steamed Corn Refried Beans Salsa Spanish Rice Mandarin Oranges Milk</p>	<p>30 Muffin & Yogurt Fruit & Juice</p> <p>Chicken Teriyaki Nuggets Cheesy Potatoes Green Beans WG Hot Roll w/ Margarine Pears Milk</p>	

MENU ITEMS ARE ALWAYS SUBJECT TO AVAILABILITY. "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER."