

# NOVEMBER 2024



## ALL 1st MEALS ARE FREE FOR STUDENTS

White and Chocolate Milk offered at every meal  
Salad Bar offered at every lunch  
Alternate items are available for some meals



**November 25 is National Parfait Day!** Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



Mini Pancakes  
Corn Dogs  
Fries  
Salad Bar  
Milk

4

**ELECTION DAY**  
Pop Tart  
Crunchy Beef tacos  
Salad Bar  
Milk

5

Cereal Bar  
Tomato Soup  
Grilled Cheese  
Salad Bar  
Milk

6

Mini Muffin  
Chicken Tenders  
Dinner Roll  
Salad Bar  
Milk

7

Waffle  
Hot Dog  
Fries  
Salad Bar  
Milk

8

**Veterans Day**  
French Toast  
Pepperoni Pizza  
Fruit and Veggie Bar  
Salad Bar/ Milk

11

Breakfast Burrito  
Bean Dip Nachos  
Salad Bar  
Milk

12

Bagels/ Cream Cheese  
Pork Steak Patty  
Rice  
Salad Bar  
Milk

13

Pancakes on a Stick  
Cheese Quesadilla  
Salad Bar  
Milk

14

UBR Cookie  
Popcorn Chicken  
Mashed Potatoes  
Salad Bar  
Milk

15

Cereal bar  
Chicken Drumstick  
Dinner Roll  
Salad Bar  
Milk

18

Yogurt Parfait  
Hamburger  
Fries  
Salad Bar  
Milk

19

Breakfast Pizza  
Macaroni and Cheese  
Salad Bar  
Milk

20

Cereal Bar  
Fish Nuggets  
Salad Bar  
Milk

21

Breakfast Muffin  
Turkey/ Pumpkin Pie  
Mashed Potatoes  
Salad Bar  
Milk

22

**NO SCHOOL  
THANKSGIVING  
BREAK**

25

**NO SCHOOL  
THANKSGIVING  
BREAK**

26

**NO SCHOOL  
THANKSGIVING  
BREAK**

27

**NO SCHOOL  
HAPPY  
THANKSGIVING**

28

**NO SCHOOL  
THANKSGIVING  
BREAK**

29