

NOVEMBER 2022

North Spencer Elementary Breakfast Menu

Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY
THANKSGIVING

Muffin OR
Cereal;
Sausage
Mixed Fruit
Juice
Milk

7

Fruit Smoothie &
Graham Cracker OR
Cereal & Egg Patty
Fresh Fruit
Juice
Milk

8

Biscuit and Gravy
Or Cereal & Biscuit
Pears
Juice
Milk

9

Cinnamon Roll OR
Cereal;
Egg Patty
Fresh Fruit
Juice
Milk

10

French Toast Sticks OR
Cereal & Toast
Mixed Fruit
Juice
Milk

11

Breakfast Pizza OR
Cereal & Toast
Pears
Juice
Milk

14

Yogurt Parfait, Granola Bites
OR
Cereal & Sausage
Fresh Fruit
Juice
Milk

15

Sausage, Egg & Cheese
On English Muffin OR
Cereal & Egg
Mixed Fruit
Juice Milk

16

Eggstravaganza & Biscuit
OR Cereal & Eggstravaganza
Fresh Fruit
Juice
Milk

17

Dutch Waffle OR Cereal
Sausage
Peaches
Juice
Milk

18

Muffin OR
Cereal;
Sausage
Mixed Fruit
Juice
Milk

21

Fruit Smoothie &
Graham Cracker OR
Cereal & Egg Patty
Fresh Fruit
Juice
Milk

22

No
School

23

No
School

24

No
School

25

Breakfast Pizza OR
Cereal & Toast
Pears
Juice
Milk

28

Yogurt Parfait, Granola Bites
OR
Cereal & Sausage
Fresh Fruit
Juice
Milk

29

Sausage, Egg & Cheese
On English Muffin OR
Cereal & Egg
Mixed Fruit
Juice Milk

30

GIVE
THANKS

This institution is an equal opportunity provider.

Due to shortages in supply, menus are subject to change with little to no notice

NOVEMBER 2022

North Spencer Elementary Lunch Menu

Additional Fruits and Veggies will be offered Daily!

Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY
THANKSGIVING

7
Ham Mac Cheese
Grilled Chicken Sandwich
Grilled Chicken Salad
California Blend
Oranges
Cookie
Milk

14
Pancakes, Egg, & Sausage
Corn Dog
Grilled Chicken Salad
Hash Browns
Grape Tomatoes
Peaches
Milk

21
Breaded Pork Chop with Roll
Cheeseburger
Grilled Chicken Salad
Mashed Potatoes w/gravy
Steamed Broccoli
Mandarin Oranges
Milk

28
Chicken Alfredo with Breadstick
Corn Dog
Grilled Chicken Salad
Green Beans
Peaches
Milk

1
Beef & Cheese Nachos
Stromboli
Taco Salad
Refried Beans
Romaine Lettuce
Salsa
Pears
Milk

8
Chicken on the Beach
Cheeseburger
Taco Salad
Refried Beans
Romaine Lettuce
Pears
Milk

15
Soft Shell Chicken Taco
Ham & Cheese Calzone
Taco Salad
Romaine Lettuce
Black Beans Salsa
Mixed Fruit
Milk

22
Pizza Crunchers
Fish Sandwich
Taco Salad
Stop Light Peppers
Carrots
Apple
Milk

29
Walking Tacos
Chicken Quesadilla
Taco Salad
Refried Beans
Romaine Lettuce
Salsa
Mixed Fruit
Milk

2
Fried chicken Leg with Roll
Sub Wrap
Chef Salad
Mashed Potatoes w/gravy
Green Beans
Apple
Milk

9
Salisbury Steak with Roll
Ham and Cheese Sub
Chef Salad
Mashed Potatoes w/gravy
Green Beans
Applesauce
Milk

16
Turkey & Gravy w/roll
Under the Sea Dippers w/roll
Chef Salad
Mashed Potatoes
Broccoli
Banana
Milk
Cookie

23
No
School

30
Chicken Pot Pie
Grilled Cheese
Chef Salad
Orange Glazed Carrots
Banana
Milk
Ice Cream Cup

3
Dutch waffle with Egg & Sausage
Hot Dog on Bun
Fried Chicken Salad
Tater Tots
Grape Tomatoes
Peaches
Milk

10
Chili, ½ Grilled Cheese
Hot Dog
Fried Chicken Salad
Stoplight peppers
Cauliflower
Pineapple Tidbits
Milk

17
Chicken Philly Sandwich
Grilled Cheese
Fried Chicken Salad
French Fries
Peas
Applesauce
Milk

24
No
School

4
Bosco Sticks
Manager's Choice
BLT Salad
Cucumbers
Carrots
Banana
Milk

11
Chicken Tenders
Pepperoni Calzone
BLT Salad
Curly Fries
Fresh Broccoli & Carrots
Apple
Milk

18
Pizza
Rib Patty Sandwich
BLT Salad
Corn
Cucumbers
Oranges
Milk

25
No
School

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