<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
<td><strong>2</strong></td>
<td><strong>3</strong></td>
<td><strong>4</strong></td>
<td><strong>5</strong></td>
</tr>
</tbody>
</table>
| Entrée Choices  
Waffles  
Oatmeal  
Fruit  
Milk | Entrée Choices  
Scrambled Eggs w/ Toast  
Nutgrain Bar & Cereal  
Fruit  
Milk | Entrée Choices  
Yogurt Parfait Bar  
Mini Muffins  
Fruit  
Milk | Entrée Choices  
Breakfast Pizza  
Cinnamon Bagel Bar  
Fruit  
Milk | Entrée Choices  
Breakfast Burrito  
Yogurt & Cereal  
Fruit  
Milk |

Fruit Choices may include: apples, oranges, pears, raisins, fruit juice, locally available items  
Milk Choices include: fat-free plain, 1% plain, fat-free chocolate

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<tr>
<th><strong>6</strong></th>
<th><strong>7</strong></th>
<th><strong>8</strong></th>
<th><strong>9</strong></th>
<th><strong>10</strong></th>
</tr>
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</table>
| Entrée Choices  
French Toast  
Oatmeal  
Fruit  
Milk | Entrée Choices  
Bacon Scramble w/ Toast  
Nutgrain Bar & Cereal  
Fruit  
Milk | Entrée Choices  
Yogurt Parfait Bar  
Mini Muffins  
Fruit  
Milk | Entrée Choices  
Egg & Cheese Bagel  
Cinnamon Bagel Bar  
Fruit  
Milk | Entrée Choices  
Sausage Biscuit  
Yogurt & Cereal  
Fruit  
Milk |

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<th><strong>21</strong></th>
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<th><strong>24</strong></th>
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**This Institution is an Equal Opportunity Provider.**
### Sci High November Menu

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<tr>
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</tr>
<tr>
<td>Spaghetti &amp; Meatballs</td>
<td>Chicken Nuggets w/ Mac &amp; Cheese</td>
<td>Taco Bar</td>
<td>Salisbury Steak w/ Brown Rice</td>
<td>Grilled Cheese &amp; Tomato Soup</td>
</tr>
<tr>
<td>Pizza</td>
<td>Pizza</td>
<td>Pizza</td>
<td>Pizza</td>
<td>Pizza</td>
</tr>
<tr>
<td>Hamburger</td>
<td>Hot Dog</td>
<td>Hot Dog</td>
<td>Chicken Salad Wrap</td>
<td>Crispy Chicken Sandwich</td>
</tr>
<tr>
<td>Salad</td>
<td>Salad</td>
<td>Salad</td>
<td>Salad</td>
<td>Salad</td>
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<td>Vegetable Choices</td>
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<td>Vegetable Choices</td>
</tr>
<tr>
<td>Collard Greens</td>
<td>Sweet Potato Fries</td>
<td>Steamed Corn</td>
<td>Mixed Vegetables</td>
<td>Tater Tots</td>
</tr>
<tr>
<td>Mixed Vegetables</td>
<td>Mixed Vegetables</td>
<td>Black Beans</td>
<td>Baked Beans</td>
<td>Vegetable Choices</td>
</tr>
<tr>
<td>Fruit</td>
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Fruit Choices may include: apples, oranges, pears, cranberries, fruit juice, locally available items

Milk choices include: fat-free plain, 1% plain, fat-free chocolate

| **Entrée Choices** | **Entrée Choices** | **Entrée Choices** | **Entrée Choices** | **Entrée Choices** |
| Red Beans & Rice | BBQ Pork Riblet w/ Mac & Cheese | Pasta Bar | Meatball Sandwich | Meatball Sandwich |
| Pizza | Bacon Chicken Wrap | Pizza | Pizza | Pizza |
| Hamburger | Salad | Hot Dogs | Ham & Cheese Sandwich | Crispy Chicken Sandwich |
| Salad | Salad | Salad | Salad | Salad |
| Vegetable Choices | Vegetable Choices | Vegetable Choices | Vegetable Choices | Vegetable Choices |
| Collard Greens | Glazed Carrots | Mixed Vegetables | Roasted Sweet Potatoes | Tater Tots |
| Mixed Vegetables | Romaine Side Salad | Roasted Broccoli | Baked Beans | Romaine Side Salad |
| Fruit | Fruit | Fruit | Fruit | Fruit |
| Milk | Milk | Milk | Milk | Milk |

Fruit Choices may include: apples, oranges, pears, cranberries, fruit juice, locally available items

Milk choices include: fat-free plain, 1% plain, fat-free chocolate

| **Entrée Choices** | **Entrée Choices** | **Entrée Choices** | **Entrée Choices** | **Entrée Choices** |
| Baked Pasta | Chicken Nuggets w/ Mac & Cheese | Baked Potato Bar | Grilled Cheese & Gumbo | White Beans & Rice w/ Smoked Sausage |
| Pizza | Pizza | Pizza | Pizza | Pizza |
| Hamburger | Turkey & Cheese Sandwich | Hot Dogs | Crispy Chicken Sandwich | Pizza |
| Salad | Salad | Salad | Salad | Salad |
| Vegetable Choices | Vegetable Choices | Vegetable Choices | Vegetable Choices | Vegetable Choices |
| Roasted Green Beans | Sweet Potato Fries | Steamed Corn | Roasted Sweet Potatoes | Collard Greens |
| Sautéed Spinach | Mixed Vegetables | Black Beans | Baked Beans | Mixed Vegetables |
| Fruit | Fruit | Fruit | Fruit | Fruit |
| Milk | Milk | Milk | Milk | Milk |

Fruit Choices may include: apples, oranges, pears, cranberries, fruit juice, locally available items

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| **Entrée Choices** | **Entrée Choices** | **Entrée Choices** | **Entrée Choices** | **Entrée Choices** |
| White Beans & Rice | Salisbury Steak w/ Brown Rice | Baked Potato Bar | Grilled Cheese & Gumbo | Fried Fish Sandwich |
| w/ Smoked Sausage | Pizza | Pizza | Pizza | Pizza |
| Pizza | Bacon Chicken Wrap | Hot Dogs | Crispy Chicken Sandwich | Crispy Chicken Sandwich |
| Hamburger | Salad | Salad | Salad | Salad |
| Vegetable Choices | Vegetable Choices | Vegetable Choices | Vegetable Choices | Vegetable Choices |
| Collard Greens | Mashed Potatoes | Roasted Sweet Potatoes | Roasted Sweet Potatoes | Collard Greens |
| Mixed Vegetables | Roasted Squash | Mixed Vegetables | Mixed Vegetables | Mixed Vegetables |
| Fruit | Fruit | Fruit | Fruit | Fruit |
| Milk | Milk | Milk | Milk | Milk |

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**THANKSGIVING BREAK**

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