

- 2023 -

NOVEMBER

WEDNESDAY

THURSDAY

FRIDAY

MONDAY

TUESDAY

LJSH

Breakfast

All Breakfast Meals served with ½ pt of Juice and Milk

6

Nutri Grain Bar
Cheese Stick
Pineapple

7

Cereal
Cheese Stick
Peaches

1

Cinnamon
Frudel Stick
Yogurt
Peaches

2

French Toast
Sticks with
Syrup
Mixed Fruit

3

Biscuit and
Gravy
Peaches

13

Poptart
Cheese Stick
Mixed Fruit

14

Cereal
Cheese Stick
Baked Apples

15

Cinnamon
Frudel Stick
Yogurt
Pineapple

16

French Toast
Sticks with
Syrup
Mandarin
Oranges

17

Biscuit and
Gravy
Fruit Cup

20

Nutri Grain Bar
Cheese Stick
Mixed Fruit

21

Cereal
Cheese Stick
Pears

22

NO SCHOOL

23

NO SCHOOL

Happy Thanksgiving



24

NO SCHOOL

27

Poptart
Yogurt
Fruit Cup

28

Cereal
Cheese Stick
Pears

29

Cherry Frudel
Stick
Yogurt
Peaches

30

French Toast
Sticks with
Syrup
Applesauce

- 2023 -

NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LJSH

Lunch

All Lunch
Meals
served with
½ pt of milk

6

Chicken Patty on Bun
Chips and Salsa
Green Beans
Peaches

7

Pork and Gravy over Biscuit
Mashed Potatoes and Gravy
Peas
Mandarin Oranges

8

Corn Dog
Tri-Tator
Baked Beans
Pears

9

Taco's
Corn
Applesauce

10

Pizza
Salad
Carrots
Mixed Fruit

13

Hot Ham & Cheese on Bun
Chips and Salsa
Baked Beans
Baked Apples

14

Orange Popcorn
Chicken over Rice
Egg Rolls with Sweet and Sour Sauce
Broccoli
Pineapple

15

Hamburger on Bun
Fries
California Blend Veggies with Cheese
Mandarin Oranges

16

Turkey
Mashed Potatoes and Gravy
Green Bean Casserole
Jello with Fruit

17

Calzone Bites
Marinara
Salad
Mixed Fruit

20

Pulled Pork on Bun
Tri-Tator
Baked Beans
Pears

21

Chicken Strips
Mashed Potatoes and Gravy
Corn
Peach Crisp

22

NO SCHOOL

23

NO SCHOOL



24

NO SCHOOL

27

Chicken Patty on Bun
Chips and Salsa
Green Beans
Pears

28

Chili with Grilled Cheese Sandwich
Carrot Sticks
Peaches

29

Hot Ham and Cheese on Bun
Tri-Tator
Baked Beans
Applesauce

30

Chicken Alfredo
Broccoli
Pickled Beets
Mixed Fruit