

NOV 2022

GEAR UP FOR THE TURKEY TROT MARATHON



ANNOUNCEMENTS:

November 11th Veterans Day

Monday- Cheese Burger

Tuesday-PizzaBoli

Wednesday-Bone-in Chicken Wings

Thursday-Chicken Basket

Friday-Pepperoni Pizza

All CISD Students eat free

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Grill Cheese Sandwich 1 <u>Beefy Nachos</u> <u>Refried Beans</u> <u>Salad</u> <u>Fruit</u> <u>Milk</u>	French Toast/Syrup 2 <u>TSO Chicken</u> <u>Rice</u> <u>Veggies</u> <u>Fruit</u> <u>Fortune Cookie</u> <u>Milk</u>	English & Muffin/Ham 3 <u>Turkey & Dressing</u> <u>Mashed Potatoes/Gravy</u> <u>Corn</u> <u>Fruit/ Roll</u> <u>Milk</u> <u>Pie</u>	Eggs & Sausage 4 <u>Cheese Burgers</u> <u>Baked Tots</u> <u>Lettuce & Tomato</u> <u>Fruit</u> <u>Milk</u>
Yogurt & Granola 7 <u>Chicken Tenders</u> <u>Fries</u> <u>Toast</u> <u>Fruit</u> <u>Milk</u>	Breakfast Pizza 8 <u>Soft Tacos</u> <u>Pinto Beans</u> <u>Salad</u> <u>Fruit</u> <u>Milk</u>	Pancake Wrap 9 <u>Sausage Link</u> <u>Ranch Style Beans</u> <u>Bread</u> <u>Fruit</u> <u>Milk</u>	Eggs & Toast 10 <u>Spaghetti/Meat</u> <u>Corn</u> <u>Garlic Stick</u> <u>Fruit</u> <u>Milk</u>	Cinnamon Rolls 11 Ham & Cheese Croissants Veggie Tray Lettuce & Tomato Fruit, Baked Chips Milk Hero Slushies
Mini Pancakes 14 <u>Popcorn Chicken</u> <u>Mashed Potato/Gravy</u> <u>Biscuits</u> <u>Fruit</u> <u>Milk</u>	Grill Cheese Sandwich 15 <u>Chili & Beans</u> <u>Cornbread</u> <u>Fruit</u> <u>Milk</u>	French Toast/Syrup 16 <u>Tso Chicken</u> <u>Fried Rice</u> <u>Veggies</u> <u>Fruit</u> <u>Fortune Cookie</u> <u>Milk</u>	English Muffin/Ham 17 <u>Pepperoni Pizza</u> <u>Green Beans</u> <u>Salad</u> <u>Fruit</u> <u>Milk</u>	Breakfast Tacos 18 <u>Cheese Burgers</u> <u>Curly Fries</u> <u>Burger Salad</u> <u>Fruit</u> <u>Milk</u>
HOLIDAY 21	HOLIDAY 22	HOLIDAY 23	HOLIDAY 24	HOLIDAY 25
Mini Pancakes 28 <u>Crispy Chicken</u> <u>Baked Fries</u> <u>Roll</u> <u>Fruit</u> <u>Milk</u>	Breakfast Bar & Toast 29 <u>Chili Cheese Fries</u> <u>Pinto Beans</u> <u>Cornbread</u> <u>Fruit</u> <u>Milk</u>	Pancake Wrap 30 <u>Sausage Link</u> <u>Ranch Style Beans</u> <u>Bread</u> <u>Fruit</u> <u>Milk</u>		