

November Menu TJS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Warm Cinnamon Roll Bar, String Cheese, fruit cocktail & Juice</p> <p>Lunch: Chicken Fajita (onions & peppers), W/G Tortilla, Black beans, Peaches</p>	<p>2 Pancakes, Turkey Sausage, Applesauce, Juice</p> <p>Lunch: Fish Sticks, Green beans, Pears</p>	<p>3 Blueberry or Chocolate Chip Muffin, Hard Boiled Egg Mandarin Oranges & Juice</p> <p>Lunch: Hamburgers on W/G Bun, Cucumbers, Pineapple</p>	<p>4 French Toast, Turkey Bacon, Strawberries/grapes & juice</p> <p>Lunch: Pasta Pizza Hotdish, w/g roll, Carrots/Peas, Orange Slices</p>	<p>5 Breakfast Pizza, Hashbrown, Mixed Fruit & Juice</p> <p>Lunch: Corn Dog, Fries, Mixed Fruit</p>
<p>8 Cereal/ Oatmeal, Yogurt, Peaches & Juice</p> <p>Lunch: Baked Chicken, Red Beans, Rice, Greens, Fruit Cocktail</p>	<p>9 Pancakes, Turkey Sausage, pears, Juice</p> <p>Lunch: Grilled Cheese Sandwich, Chicken Noodle Soup, Applesauce</p>	<p>10 Banana Muffins or Chocolate Chip Muffin Pineapples, String Cheese & Juice</p> <p>Lunch: Tater Tot Hotdish, W/G Roll, Mandarin Oranges</p>	<p>11 Turkey Sausage, Egg, Biscuit, Banana &, Juice</p> <p>Lunch: Pizza, Snap Peas, Mango</p>	<p>12 Parfait, granola & Juice</p> <p>8th grade CLASS CHOICE</p> <p>Lunch: Chicken Sandwich, waffle fries, & apples</p>
<p>15 Poptart, Yogurt, Fruit Cocktail, Juice</p> <p>Lunch: Chicken BBQ Wrap, Sweet Potato Tot, Peaches</p>	<p>16 Pancakes, Turkey link, Applesauce, Juice</p> <p>Lunch: Mac & Cheese, Peas, Pears</p>	<p>17 Scone, Mandarin Oranges, Hard Boiled Egg, Juice</p> <p>Lunch: Burrito Bowl, Navy beans, Corn, Spanish Rice, Pineapples</p>	<p>18 French Toast, Turkey Bacon, Fresh Fruit, Juice</p> <p>Lunch: Turkey, Gravy, Mashed Potatoes, Roll, Apple Slices</p>	<p>19 TO GO BAG /NO SCHOOL</p> <p>Chocolate Chip Muffin, Yogurt, Fruit Cup & Juice</p> <p>Lunch: Sunbutter, String cheese, Fruit Cup, Veggies</p>
<p>22 Bagel, Yogurt, Peaches & Juice</p> <p>Lunch: Chicken Alfredo, Blend Capri, Fruit Cocktail</p>	<p>23 Pancakes, Turkey Sausage, pears, Juice</p> <p>Lunch: Potato Bar w/ toppings, Chili, Corn Bread, Applesauce</p>	<p>24 TO GO BAG /NO SCHOOL</p> <p>Chocolate Chip Muffin, Yogurt, Fruit Cup & Juice</p> <p>Lunch: Sunbutter, String cheese, Fruit Cup, Veggies</p>	<p>25 NO SCHOOL</p>	<p>26 NO SCHOOL</p>
<p>29 Cereal/Oatmeal, Yogurt, Fruit Cocktail, Juice</p> <p>Lunch: Chicken Nuggets, Cooked Carrots, Peaches</p>	<p>30 Pancakes, Turkey link, Applesauce, Juice</p> <p>Lunch: Lo Mein w/ Blended Veggies, Pears</p>			

THANKSGIVING BREAK

Milk is offered for Breakfast and Lunch Daily (1% or Chocolate)

Salad Bar Daily

If you have any questions or concerns about the menu, please contact Shannon (shannong@thejourneyschool.org)

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