## NOVEMBER|2023 CEDAH HIGH SCHOOL/MIDDLE SCHOOL

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: |
| 30 | 31 | 1 <br> Pepperoni Pizza Grahams <br> Baby Carrots \& Cucumbers Garden Bar Fruit Choice Milk Choice Fruit Snack | 2 <br> Cheeseburger on Bun Oven Baked Fries Baked Beans Garden Bar Fruit Choice Milk Choice | 3 <br> Orange Chicken w/ Steamed Rice Mixed Vegetables Garden Bar Fruit Choice Milk Choice Fortune Cookie |
| $6_{\text {French Toast Sticks/syrup }}$ Jones Sausage Patty Fruity Juice Garden Bar Fresh Sliced Apples Milk Choice | 7 <br> Cheesy Breadsticks/ marinara sauce Goldfish Pretzels Steamed Carrots Garden Bar Fruit Choice Milk Choice | 8 Fall Holiday Meal <br> Turkey, stuffing \& gravy Mashed Potatoes Green Beans Garden Bar Warm Cinnamon Apples Pumpkin Fluff Milk Choice | Chicken Tenders Sun Chips Baked Beans Garden Bar Fruit Choice Milk Choice | 10 Salisbury Steak Mashed Potatoes/gravy Dinner Roll/Marg. Steamed Peas Garden Bar Fruit Choice Milk Choice |
| 13 <br> Cheese Pizza Warm Breadstick Mixed Vegetables Garden Bar Fruit Choice Milk Choice | 14 <br> Chili w/ <br> Macaroni (for chili) Warm Corn Muffin Steamed Corn Garden Bar Fruit Choice Milk Choice | 15 Bosco Stick/ Marinara sauce Lettuce Salad Fresh Veggies Fruit Choice Milk Choice | 16 <br> Hot Dog on Bun Corn Chips Baked Beans Fresh Veggies Fruit Choice Milk Choice Cookie | $17 \underset{\substack{\text { NO SCHOOL } \\ \text { PD DAY }}}{ }$ |
| 20 <br> Chicken Patty on Bun Cheddar Crackers Steamed Carrots Garden Bar Fruit Choice Milk Choice | 21 <br> Rotini w/ Meat Sauce Warm Breadstick Green Beans Garden Bar Fruit Choice Milk Choice | 22 <br> NO SCHOOL THANKSGIVING BREAK | 23 <br> NO SCHOOL THANKSGIVING DAY | $24$ <br> NO SCHOOL THANKSGIVING BREAK |
| 27 <br> Taco Bites/ Taco sauce \& sour cream Seasoned Black Beans Garden Bar Fruit Choice Milk Choice Churro | 28 <br> Chicken Nuggets Grahams Steamed Corn Garden Bar Fruit Choice Milk Choice | 29 <br> Turkey Wrap w/ Lettuce, tomato, sauces Baked Chips Garden Bar Frozen Fruit Cup Milk Choice | 30 <br> Mini Corn Dogs \& Macaroni and Cheese Mixed Vegetables Garden Bar Fruit Choice Milk Choice | 1 |

## Menu Info

Students may choose their meal from multiple choices offered on both serving lines daily. Check what is offered daily!
We will also offer salads, wraps and sandwiches.

All meals MUST choose a full serving ( $1 / 2$ cup) of fruit and/or veggies with each meal and are encouraged to choose both.
*Please note that all extra entrees will cost $\$ 1.50$ each.
To purchase additional items, students must have money in the account.

Reminder that all students must choose a full serving ( $1 / 2 \mathrm{c}$ ) of fruit or vegetables daily with their meal

## BREAKFAST

We invite all students to start their day with a healthy breakfast at schoo with a breakfast at NO CHARGE TO FAMILIES THIS YEAR

Students can get breakfast daily before the beginning of the school day OR at second chance time
A variety of choices as well as juice,
fruit and milk will be available to
create your breakfast meal.
Students MUST choose a fruit and/or juice each day for the meal.
** Breakfast is NO CHARGE for all Middle School students.
**Menu subject to change based on weather and product availability

