
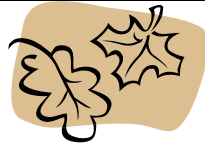




# November 2009 Elementary BAC Menu

<p><b>2</b> <u>Breakfast Special</u> Whole Grain Toaster Pastry &amp; String Cheese Assorted Juices</p> <p><u>Lunch</u> Spaghetti w/Meatballs in Sauce PB &amp; J Sandwich w/String Cheese Or Turkey Ham &amp; Cheese Sandwich Seasoned Green Peas Chilled Fruit Fresh Oranges Garlic Toast Chef's Salad</p>	<p><b>3</b> <u>Breakfast Special</u> Waffle Sticks Assorted Juices</p> <p><u>Lunch</u> Pepperoni Pizza w/Ranch Dip Or Bean and Cheese Burrito Or PB &amp; J Sandwich w/String Cheese Tossed Salad Chilled Peaches Kiwi Fruit Chef's Salad</p>	<p><b>4</b> <u>Breakfast Special</u> Assorted Large Cereal Assorted Juices</p> <p><u>Lunch</u> Breakfast at Lunch Brunch Scrambled Egg Turkey Sausage Or PB &amp; J Sandwich w/String Cheese Crispy Potato Rounds Fresh Citrus Fruits Whole Wheat Pancake w/Syrup Low Fat &amp; Skim Milk Early Dismissal</p>	<p><b>5</b> <u>Breakfast Special</u> Pk-3<sup>rd</sup> Egg Burrito Gr 4-5 Bean Burrito Assorted Juices</p> <p><u>Lunch</u> Golden Chicken Nuggets Or Lunch-a-Boat PB &amp; J Sandwich w/String Cheese Broccoli w/Cheese Sauce Corn Cobette Fruited Gelatin Assorted Fresh Fruits Whole Wheat Roll Chef's Salad</p>	<p><b>6</b> <u>Breakfast Special</u> Breakfast Pizza Assorted Juices</p> <p><u>Lunch</u> Hamburger/Cheesburger Or Deli Turkey, Turkey Ham &amp; Cheese on Wheat Bread Or PB &amp; J Sandwich w/ String Cheese Frito Lay Chips Lettuce, Tomato &amp; Pickles Fresh Grapes Chilled Fruit Taco Salad</p> <p><b>Dessert Day Treat!</b></p>
<p><b>9</b> <u>Breakfast Special</u> Peanut Butter &amp; Jelly Uncrustables Assorted Juices</p> <p><u>Lunch</u> Turkey Corn Dog Or Deli Turkey &amp; Cheese Sandwich Or PB &amp; J Sandwich w/String Cheese Baked Beans Chilled Fruit Red &amp; Green Apples Campbell's Chicken Pasta Soup Chef's Salad</p>	<p><b>10</b> <u>Breakfast Special</u> Morning Sausage Roll Assorted Juices</p> <p><u>Lunch</u> Teriyaki Chicken Nuggets Or Bean Burrito Or Lunch-a-Boat Steamed Rice Stir Fried Vegetables Fruited Gelatin Fresh Orange Wedges Whole Wheat Roll Taco Salad</p>	<p><b>11</b></p>  <p><b>HOLIDAY</b></p>	<p><b>12</b> <u>Breakfast Special</u> Assorted Large Cereal Assorted Juices</p> <p><u>Lunch</u> Cheese Enchiladas Or Lunch-a- Boat Or Turkey Ham &amp; Cheese on Wheat Mexican Rice Refried Beans Lettuce &amp; Tomato Salad Chilled Fruit Fresh Apples Chef's Salad</p>	<p><b>13</b> <u>Breakfast Special</u> Breakfast Pizza Assorted Juices</p> <p><u>Lunch</u> Chicken Drumsticks Or Bean &amp; Cheese Burrito Or PB &amp; J Sandwich w/ String Cheese Mashed Sweet Potatoes Green Beans w/Cheese Sauce Applesauce, Fresh Fruits Whole Wheat Roll Chef's Salad</p> <p><b>Dessert Day Treat!</b></p>
<p><b>16</b> <u>Breakfast Special</u> Assorted Large Cereal Assorted Juices</p> <p><u>Lunch</u> Spaghetti w/Meat Sauce Or Turkey Ham &amp; Cheese on Wheat Or PB &amp; J Sandwich w/String Cheese Tossed Salad Chilled Pears Assorted Fresh Fruit Garlic Toast Chef's Salad</p>	<p><b>17</b> <u>Breakfast Special</u> PK- 3<sup>rd</sup> Bean Burrito 4th &amp; 5<sup>th</sup> Egg Burrito Assorted Juices</p> <p><u>Lunch</u> Golden Chicken Nuggets Or Lunch-a-Boat Or Deli Turkey on Wheat Mashed Potatoes Seasoned Carrot Coins Fruit Cocktail Fresh Apples Whole Wheat Roll Chef's Salad</p>	<p><b>18</b> <u>Breakfast Special</u> French Toast Sticks Assorted Juices</p> <p><u>Lunch</u> Pepperoni Pizza w/Ranch Dip Or Turkey Bologna &amp; Cheese on Wheat PB &amp; J Sandwich w/String Cheese Seasoned Corn Veggie Dippers Chilled Fruit Assorted Fresh Fruit Chef's Salad</p>	<p><b>19</b> <u>Breakfast Special</u> Cinnamon Roll Assorted Juices</p> <p><u>Lunch</u> ***Thanksgiving Lunch*** Roast Turkey Mashed Potatoes Seasoned Green Beans Dressing Gravy Whole Wheat Roll Pumpkin Pie</p> <p>***Check at the school for exact Date &amp; Time***</p>	<p><b>20</b> <u>Breakfast Special</u> Breakfast Pizza Assorted Juices</p> <p><u>Lunch</u> Cheesburger/Hamburger Or Bean &amp; Cheese Burrito Or PB &amp; J Sandwich w/String Cheese Baked Potato Rounds Fresh Orange Chilled Applesauce</p> <p><b>Dessert Day Treat!!!</b></p>



**Thanksgiving Holiday November 23 – 27**  
**Best Wishes for a Safe and Happy Thanksgiving!!!**

<p><b>30</b> <u>Breakfast Special</u> Super Star Donut &amp; Cheese Cube Assorted Juices</p> <p><u>Lunch</u> Turkey Frank on Bun Or Bean &amp; Cheese Burrito Or PB &amp; J Sandwich w/String Cheese Campbell's Chicken Pasta Soup Baked Beans Apple Wedges Chef's Salad</p>
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**MENU SUBJECT TO CHANGE WITHOUT NOTICE.**  
Students are given a choice of Low Fat or Skim Milk both at Breakfast and Lunch.

Nondiscrimination Statement: "In accordance with Federal law and the U.S. Department of Agriculture policy, this institution does not discriminate on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.



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	<p><b>1</b> <u>Breakfast Special</u> Assorted Large Cereal Assorted Juices</p> <p><u>Lunch</u> Oven Baked Chicken Or Lunch-a-Boat Or PB &amp; J Sandwich w/String Cheese Green Peas Mashed Potatoes Fruited Gelatin Kiwi Fruit Whole Wheat Roll Tuna Chef's Salad</p>	<p><b>2</b> <u>Breakfast Special</u> Flavored Yogurt Assorted Juices</p> <p><u>Lunch</u> Pepperoni Pizza Or Turkey Ham &amp; Cheese Sandwich on Wheat Or PB &amp; J Sandwich w/String Cheese Tossed Salad Chilled Applesauce Fresh Grapes Chef's Salad</p>	<p><b>3</b> <u>Breakfast Special</u> Biscuit Sandwich Assorted Juices</p> <p><u>Lunch</u> Bean &amp; Cheese Tostadas w/Mexican Rice Or Lunch-a-Boat Or PB &amp; J Sandwich w/String Cheese Mexican Squash Fresh Apples Fruited Gelatin Taco Salad</p>	<p><b>4</b> <u>Breakfast Special</u> Breakfast Pizza Assorted Juices</p> <p><u>Lunch</u> Sloppy Joe on Wheat Bun Or Bean &amp; Cheese Burrito Or PB &amp; J Sandwich w/ String Cheese Veggie Dippers Peaches &amp; Pears Assorted Fresh Fruit Chef's Salad <b>Dessert Day Treat!</b></p>
<p><b>7</b> <u>Breakfast Special</u> Toaster Pastry &amp; String Cheese Assorted Juices</p> <p><u>Lunch</u> Beef Meatballs in Brown Gravy Or Turkey Ham &amp; Cheese Sandwich Or PB &amp; J Sandwich w/String Cheese Mashed Potatoes Green Peas Chilled Mixed Fruit Fresh Oranges Garlic Texas Toast Chef's Salad</p>	<p><b>8</b> <u>Breakfast Special</u> French Toast Assorted Juices</p> <p><u>Lunch</u> Fish Nuggets &amp; Mac &amp; Cheese Or Lunch-a-Boat Or Deli Turkey &amp; Cheese Sandwich Seasoned Green Beans Rosy Pears Fresh Fruit Whole Wheat Roll Chef's Salad</p>	<p><b>9</b> <u>Breakfast Special</u> Assorted Large Cereals Assorted Juices</p> <p><u>Lunch</u> Pepperoni Pizza w/Ranch Dip Or Bean &amp; Cheese Burrito Or PB &amp; J Sandwich w/String Cheese Tossed Salad Fresh Kiwi Chilled Peaches Chef's Salad</p>	<p><b>10</b> <u>Breakfast Special</u> Pk-3<sup>rd</sup>: Egg Burrito Gr. 4<sup>th</sup> &amp; 5<sup>th</sup>: Bean &amp; Cheese Burrito Assorted Juices</p> <p><u>Lunch</u> Golden Chicken Nuggets Or Lunch-a-Boat Or PB &amp; J Sandwich w/String Cheese Corn Cobbette Steamed Broccoli w/Cheese Sauce Assorted Fruits Whole Wheat Roll Chef's Salad</p>	<p><b>11</b> <u>Breakfast Special</u> Breakfast Pizza Assorted Juices</p> <p><u>Lunch</u> Crispy Chicken Patty on Wheat Bun Or Deli Turkey, Turkey Ham &amp; Cheese Sandwich on Wheat Or PB &amp; J Sandwich w/ String Cheese Frito Lay Chips Lettuce, Tomato &amp; Pickles Chilled Fruit Fresh Grapes Taco Salad <b>Dessert Day Treat!</b></p>
<p><b>14</b> <u>Breakfast Special</u> PB &amp; J Uncrustables Assorted Juices</p> <p><u>Lunch</u> Turkey Frank on Bun Or Turkey &amp; Cheese Sandwich on Wheat Or PB &amp; J Sandwich w/String Cheese Campbell's Chicken Pasta Soup Baked Beans Fresh Apples Chilled Fruit Chef's Salad</p>	<p><b>15</b> <u>Breakfast Special</u> Morning Sausage Roll Assorted Juices</p> <p><u>Lunch</u> Teriyaki Chicken Nuggets Or Lunch-a-Boat Or Bean &amp; Cheese Burrito Steamed Rice Stir Fried Vegetables Fresh Oranges Fruited Gelatin Whole Wheat Roll Taco Salad</p>	<p><b>16</b> <u>Breakfast Special</u> Giant Goldfish Graham &amp; Cheese Assorted Juices</p> <p><u>Lunch</u> Cheese Stick w/Spaghetti Meat Sauce Or Turkey Ham &amp; Cheese Sandwich on Wheat Or PB &amp; J Sandwich w/String Cheese Mixed Vegetables Texas Citrus Fruit Chilled Peaches Garlic Wheat Roll Chef's Salad</p>	<p><b>17</b> <u>Breakfast Special</u> Assorted Large Cereals Assorted Juices</p> <p><u>Lunch</u> Beef Tacos w/Mexican Rice Or Lunch-a-Boat Or Turkey Ham &amp; Cheese Sandwich Refried Beans Fresh Apple Wedges Chilled Fruit Tuna Chef's Salad</p>	<p><b>18</b> <u>Breakfast Special</u> Breakfast Pizza Assorted Juices</p> <p><u>Lunch</u> Brunch at Lunch Scrambled Egg Turkey Sausage w/String Cheese Crispy Potato Rounds Pancake w/Syrup Fresh Oranges &amp; Grapefruit Wedges  <b>Early Release!!!</b></p>

## Winter Holidays



**December 21, 2008 – January 3, 2009**  
**January 4, 2009 - Students Return**