

# NOVEMBER 2021

## North Cedar Jr/Sr High School



### Weekly Specialty Entrée:

- Nov 1-5: Knight Bites, Chef Salad
- Nov 8-12: Turkey Bacon Wrap, Chef Salad
- Nov 15-19: Italian Flatbread, Chef Salad
- Nov 22-23: No Special, Chef Salad
- Nov 29-30: Sub Sandwich, Chef Salad



Breakfast and Lunch meals are free for all students for the 2021-2022 school year. We highly encourage all students to participate in the breakfast and lunch program. There is a variety of fruits and vegetables along with multiple main entrée options.

### MONDAY

Orange Chicken, WG Roll, Brown Rice **1**  
 Broccoli, Sweet Sour Sauce  
 Applesauce, Pineapple  
 Fruit of Choice, Vegetables  
 Milk of Choice

Sloppy Joe on WG Bun **8**  
 Carrots, Tater Tots, K, M  
 Pickle, Applesauce, Peaches  
 Fruit of Choice, Vegetables  
 Milk of Choice

Hot Ham & Cheese or Meatball Sub on WG Bun **15**  
 Chips, Peas  
 Applesauce, Pears  
 Fruit of Choice, Vegetables  
 Milk of Choice

Walking Taco or Soft Shell Taco, Refried Beans **22**  
 Shredded Lettuce, Shred Cheese  
 Salsa, Sour Cream, Applesauce  
 Sidekick Slushie, Fruit of Choice  
 Vegetables, Milk of Choice

Chicken Tenders, Parsley Potatoes, Peas **29**  
 WG Roll, K, M, BBQ, Honey Mustard, Applesauce, Pears  
 Fruit of Choice, Vegetables  
 Milk of Choice

### TUESDAY

Pork Chop, K,M, BBQ **2**  
 Mashed Potatoes  
 Gravy, Corn, B&B Sandwich  
 Applesauce, Peaches  
 Fruit of Choice, Vegetables  
 Milk of Choice

Chicken Fajitas on Tortilla **9**  
 Shell, Fiesta Beans, Grilled Peppers & Onions, Shred lettuce, Shred Cheese, Salsa, Sour Cream  
 Applesauce, Pineapple, Fruit of Choice, Vegetables, Milk of Choice

Salisbury Steak **16**  
 Mashed Potatoes, Gravy  
 Corn, B&B Sandwich  
 Applesauce, Mandarin Oranges  
 Fruit of Choice, Vegetables  
 Milk of Choice

Chicken Nuggets **23**  
 Au Gratin Potatoes, WG Roll, K,M, BBQ, Honey Mustard  
 Applesauce, Peaches  
 Fruit of Choice, Vegetables  
 Milk of Choice

Open Face Beef Sandwich, Mashed Potatoes, Gravy, Corn **30**  
 Applesauce, Tropical Fruit  
 Fruit of Choice, Vegetables  
 Milk of Choice

### WEDNESDAY

Spaghetti **3**  
 Cheese Stick  
 Green Beans, Parmesan Cheese  
 Applesauce, Pears  
 Fruit of Choice, Vegetables  
 Milk of Choice

French Bread Pizza **10**  
 Broccoli with Cheese Sauce  
 Applesauce  
 Sidekick Slushie  
 Fruit of Choice, Vegetables  
 Milk of Choice

Taquitos **17**  
 Spanish Rice, Spiced Apples  
 Shredded Cheese or Cheese Sauce, Salsa, Sour Cream  
 Applesauce, Peaches, Fruit of Choice, Vegetables, Milk

No School **24**



### THURSDAY

Popcorn Chicken **4**  
 Oven Fries, Scooby Doo Granams  
 K, M, BBQ, Honey Mustard  
 Applesauce, Mandarin Oranges  
 Fruit of Choice, Vegetable Bar  
 Milk of Choice

Lasagna **11**  
 Breadstick, Green Beans  
 Parmesan Cheese  
 Applesauce, Tropical Fruit  
 Fruit of Choice, Vegetables  
 Milk of Choice

Roasted Turkey, Mashed Potatoes, Stuffing, Gravy **18**  
 Corn, WG Roll, Applesauce  
 Vegetables, Pickle Spears  
 Homemade Apple & Pumpkin Pie  
 Milk of Choice

No School **25**

### FRIDAY

Hamburger on WG Bun **5**  
 Baked Beans, Chips  
 Cheese Slice, Bacon, Pickles, K, M  
 Applesauce, 2 Fruits of Choice  
 Vegetables  
 Milk of Choice

Louisiana Style Breaded **12**  
 Chicken Breast on WG Bun  
 Chips, K, M, BBQ, Pickle, Mayo  
 Applesauce, 2 Fruits of Choice  
 Vegetables  
 Milk of Choice

Corn Dog, Hot Dog or Cheddarwurst on WG Bun **19**  
 Baked Beans, Chips, K, M  
 Applesauce, 2 Fruits of Choice  
 Vegetables  
 Milk of Choice

No School **26**

