

Menus

School: Livingston County R-3

Academic Year: 2020-21

Meal: All

Month: November 2020

November				
M	Tu	W	Th	F
2 Breakfast: Whole grain waffle, syrup, fruit, juice, milk Lunch: Whole grain chicken patty, mashed potatoes & gravy, broccoli, whole wheat bread & butter, fruit, milk	3 Breakfast: Breakfast pizza, fruit, juice, milk Lunch: Hamburger patty on whole wheat bun, french fries, whole kernel corn, fruit, milk	4 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Spaghetti w/meat sauce, tossed Romaine salad w/low-fat Ranch, green beans, whole wheat bread & butter, fruit, milk	5 Breakfast: Whole grain biscuit, sausage gravy, fruit, juice, milk Lunch: Corn dog, mashed potatoes, carrots, fruit, milk	6 Breakfast: Cheese omelet, whole wheat toast, fruit, juice, milk Lunch: Chili, cinnamon roll, celery sticks, whole grain crackers, fruit, milk
9 Breakfast: Whole grain pancakes, syrup, fruit, juice, milk Lunch: Whole grain chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	10 Breakfast: Whole grain biscuit, sausage patty, fruit, juice, milk Lunch: Tomato soup, grilled cheese, celery sticks, whole grain crackers, fruit, milk	11 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Pepperoni pizza, tossed Romaine salad w/low-fat Ranch, green beans, fruit, milk	12 Breakfast: Breakfast burrito, fruit, juice, milk Lunch: Hot turkey w/mashed potatoes & gravy, carrots, fruit, milk	13 Breakfast: Strawberry Pop-Tart, Go-Gurt, fruit, juice, milk Lunch: Taco burger, refried beans, whole kernel corn, fruit, milk
16 Breakfast: Whole grain French toast, syrup, fruit, juice, milk Lunch: Whole grain chicken patty, mashed potatoes & gravy, broccoli, whole wheat bread & butter, fruit, milk	17 Breakfast: Whole grain biscuit, breakfast chicken patty, fruit, juice, milk Lunch: Whole grain fish wedge, au gratin potatoes, carrots, whole wheat bread & butter, fruit, milk	18 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Lasagna roll-up, tossed Romaine salad w/low-fat Ranch, green beans, whole wheat bread & butter, fruit, milk	19 Breakfast: Bacon egg scramble, whole wheat toast, fruit, juice, milk Lunch: Hot ham & cheese on whole wheat bun, french fries, peas, fruit, milk	20 Breakfast: Whole grain waffle, syrup, fruit, juice, milk Lunch: Chili Frito pie w/corn chips, whole kernel corn, fruit, milk
23 Breakfast: Whole grain pancakes, syrup, fruit, juice, milk Lunch: Chicken noodle soup, PBJ Jamwich, celery sticks, whole grain crackers, fruit, milk	24 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Turkey slice, mashed potatoes & gravy, carrots, whole wheat hot roll, fruit, milk	25	26	27
30 Breakfast: Whole grain breakfast bites, syrup, fruit, juice, milk Lunch: Whole grain chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	1	2	3	4