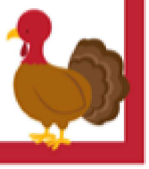
November



SCHOOL MENU
USD 323 ROCK CREEK

Monday	Tuesday	Wednesday	Thursday	Friday
2 	**3** Cereal/cheesestick Sweet & Sour Nuggets Brown Rice Stir Fry Vegetables Cherry Tomatoes Canned/Fresh Fruit	**4** Donut Cheese Breadsticks w/ Marinara Sauce Corn Romaine Salad w/ drsg Canned/Fresh Fruit	**5** Pop Tart Super Nachos Romaine Lettuce w/ drsg Salsa Green Beans Canned/Fresh Fruit	6 French Toast Sticks Breaded Beef Bites Mashed Potatoes w/ Gravy Steamed Carrots WW Roll Canned/fresh Fruit
9 Pancake Sausage Stick Mini Meatball Sub Ranch Potato Wedges Green Beans Canned/Fresh Fruit	**10** Cereal/yogurt Popcorn Chicken WW Roll Baked Beans Cole Slaw (9-12) Baby Carrots Canned/Fresh Fruit	**11** Coffeecake White Chicken Chili Cornbread Muffin Cherry Tomatoes Cucumber Canned/Fresh Fruit	**12** Pancake/sausage Cheese Pizza Broccoli Florets Baby Carrots Romaine Salad Canned/Fresh Fruit	**13** Cooks Choice Biscuit & Gravy Sausage Patty Hash Brown Juice Canned/Fresh Fruit
16 Breakfast Pizza Chicken Tetrazzini Garlic Bread Romaine Salad Sliced Cucumber Baby Carrots Canned/Fresh Fruit	**17** Cereal/cheesestick Hamburger w/ Bun Oven Fries Red Bell Pepper Strips Canned/Fresh Fruit	**18** Cereal Bar Crispito w/ Salsa Romaine Salad Corn Refried Beans Canned/Fresh Fruit	**19** Empanada Grilled Chicken Sandwich Fries Green Beans Broccoli Florets Canned/Fresh Fruit	**20** French Toast Sticks Pepperoni & Cheese Pizza Breadsticks Romaine Salad Peas Canned/Fresh Fruit
23 Cooks Choice Turkey Mashed Potatoes w/ Gravy Corn Pumpkin Pie WW Roll Canned/Fresh Fruit	**24** Cereal/yogurt Cooks Choice Canned/Fresh Fruit	**25** THANKSGIVING 	**26**	**27** BREAK
30 Pancake Sausage Stick Pepperoni Pizza Breadstick (5-12) Romaine Salad Corn Canned/Fresh Fruit				

Every day at breakfast: juice and canned or fresh fruit available. Students must take 3 items, one of which is a fruit. Every day at lunch: fresh fruit & vegetables available. Students will be offered 5 items for lunch, meat/meat alternate, grain, vegetable, fruit and milk. Students must take 3 items, one of which must be a ½ cup fruit or vegetable. Half pint cartons of milk offered with each meal—choice of skim, 1% white or ½% chocolate.

All menus are subject to change without notice.

This institute is an equal opportunity provider.

Milk: $.55 Breakfast prices: K-12 $2.30 Adult $2.75

Lunch prices: K-4 $3.30 5-12 $3.60 Adult $4.50