

November 2016

Garrett County Board of Education Food & Nutrition Services—Secondary Breakfast & Lunch

| Mon | Tue | Wed | Thu | Fri |
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| | <p>1</p> <p>Hot Dog Broccoli Peaches Baked Beans Milk</p> <p>Breakfast Pizza, Cereal, Pear Cup, Fruit Juice, Milk</p> | <p>2</p> <p>Chicken Fajita Tossed Salad Pears Re-fried Beans Milk</p> <p>Cinnamon Roll, Cereal, Peach Cup, Orange Pineapple Juice, Milk</p> | <p>3</p> <p>Beef Ravioli Cheese Stick Corn Applesauce Carrot Sticks Milk</p> <p>Pancakes, Cereal, Strawberry Applesauce Cup, Grape Juice, Milk</p> | <p>4</p> <p><u>BREAKFAST FOR LUNCH</u> Waffles & Sausage Patties Tater Tots Mixed Fruit Apple Wedges Milk</p> <p>Cereal Bar, Cereal, Orange Wedges, Apple Juice, Milk</p> |
| <p>7</p> <p>SCHOOLS CLOSED</p> <p>PARENT/TEACHER CONFERENCES</p> | <p>8</p> <p>SCHOOLS CLOSED</p> <p>ELECTION DAY</p> | <p>9</p> <p>Flat Bread Pizza Sweet Potato Tots Pears Mixed Vegetables Milk</p> <p>Cereal Bar, Cereal, Raisins, Fruit Juice, Milk</p> | <p>10</p> <p>Macaroni & Cheese Peas Peaches Roasted Garbanzo Beans Milk</p> <p>Sausage Biscuit, Cereal, Mandarin Orange Cup, Orange Pineapple Juice, Milk</p> | <p>11</p> <p>Spaghetti Tossed Salad Mixed Fruit Corn Milk</p> <p>Yogurt, Cereal, Peach Cup, Apple Juice, Milk</p> |
| <p>14</p> <p>Chicken Patty Mixed Vegetables Pears French Fries Milk</p> <p>Banana Muffin, Cereal, Mixed Fruit Cup, Orange Juice, Milk</p> | <p>15</p> <p>Baked Fish Koos Koos Banana Broccoli Milk</p> <p>Breakfast Pizza, Cereal, Pear Cup, Fruit Juice, Milk</p> | <p>16</p> <p>Nachos Grande Corn Strawberry Applesauce Tossed Salad Milk</p> <p>Cinnamon Roll, Cereal, Peach Cup, Orange Pineapple Juice, Milk</p> | <p>17</p> <p>Chicken Salad Peas Peaches Carrot Sticks Milk</p> <p>Breakfast Bites, Cereal, Applesauce Cup, Grape Juice, Milk</p> | <p>18</p> <p>Hamburger Oven Roasted Potatoes Mixed Fruit Baked Beans Milk</p> <p>Cereal Bar, Cereal, Orange Wedges, Apple Juice, Milk</p> |
| <p>21</p> <p>Grilled Cheese Sandwich Broccoli Peaches Tomato Soup Milk</p> <p>Double Chocolate Whole Grain Muffin, Cereal, Raisins, Grape Juice, Milk</p> | <p>22</p> <p>Diced Turkey w/Gravy over Biscuits Mashed Potatoes Pineapple Green Beans Pumpkin Pie Milk</p> <p>French Toast Sticks, Cereal, Applesauce Cup, Orange Juice, Milk</p> | <p>23</p> <p><u>BREAKFAST FOR LUNCH</u> Pancakes & Sausage Patties Tater Tots Peach Cup Juice Cup Milk</p> <p>Cereal Bar, Cereal, Banana, Fruit Juice, Milk</p> | <p>24</p> <p>SCHOOLS CLOSED</p> <p>THANKSGIVING BREAK</p> | <p>25</p> <p>SCHOOLS CLOSED</p> <p>THANKSGIVING BREAK</p> |
| <p>28</p> <p>Fish Sandwich Sweet Potato Tots Pears Mixed Vegetables Milk</p> <p>Banana Muffin, Cereal, Mixed Fruit Cup, Orange Juice, Milk</p> | <p>29</p> <p>BBQ Chicken Mashed Potatoes Pineapple Green Beans Milk</p> <p>Breakfast Pizza, Cereal, Peach Cup, Fruit Juice, Milk</p> | <p>30</p> <p>Macaroni & Cheese Peas Peaches Roasted Garbanzo Beans Milk</p> <p>Pumpkin Swirl, Cereal, Pear Cup, Orange Pineapple Juice, Milk</p> | <p>Fresh Fruit & Juice served daily for Breakfast</p> | |