

November



<p>MONDAY BREAKFAST ENTRÉE Hot or Assorted Cold Cereal</p> <p>2</p> <p>A) Beef Ravioli B) Whole Grain Cheese Pizza Garden Salad Fresh Broccoli Seedless Grapes Whole Grain Cheddar Goldfish</p>	<p>TUESDAY BREAKFAST ENTRÉE Pancake on a Stick</p> <p>3</p> <p>A) Hamburger or Cheeseburger on Multigrain Bun B) Vegetarian Chili w/w/o Cheddar Cheese & Corn Chips Garden Salad, Orange Wedges, Cucumber Coins *Local 100% Fruit Juice</p>	<p>WEDNESDAY BREAKFAST ENTRÉE Whole Wheat Cinnamon Roll</p> <p>4</p> <p>A) Turkey Ham & Cheese Melt on Multigrain Bun B) Bean & Cheese Burrito w/w/o Salsa Garden Salad Bell Pepper Strips Bartlett Pear *Local Cinnamon Elf Grahams</p>	<p>THURSDAY BREAKFAST ENTRÉE Turkey Sausage and Egg Hot Pocket</p> <p>5</p> <p>A) Grilled French Toast Sticks w/w/o Syrup, Beef Sausage B) Cheesy Egg Muffin Garden Salad Grape Tomatoes Chilled Peaches Petite Banana</p>	<p>FRIDAY BREAKFAST ENTRÉE Whole Wheat Mini Bagels w/Cream Cheese</p> <p>6</p> <p>A) Turkey Tetrazzini Sandwich B) Toasted Cheese Sandwich Garden Salad Carrot Coins *Local Chilled Pears Seasonal Fresh Fruit Whole Wheat Roll</p>
<p>MONDAY BREAKFAST ENTRÉE Hot or Assorted Cold Cereal</p> <p>9</p> <p>A) Chicken Drumsticks B) Spaghetti w/Marinara Sauce Seasoned Oven Potatoes Garden Salad Baby Carrots *Local Kool Kiwi Fruit Vanilla Sporty Snacks</p>	<p>TUESDAY BREAKFAST ENTRÉE Blueberry Mini Loaf</p> <p>10</p> <p>A) Grilled Chicken Burger on Multigrain Bun B) Cheese Quesadilla w/w/o Salsa Garden Salad Cauliflower Crowns Crisp Apple *Local Citrus Fruit Bites</p>	<p>11</p> <p>Artwork by NHHS student, Ben Kuosmanen</p>	<p>THURSDAY BREAKFAST ENTRÉE Mini Pancakes w/Syrup, Scrambled Eggs</p> <p>12</p> <p>A) Teriyaki Chicken B) Breaded Fish Sandwich on Multigrain Bun w/w/o Tartar Sauce Fried Rice w/Peas & Carrots Garden Salad, Cucumber Coins *Local Juicy Orange Wedges</p>	<p>FRIDAY BREAKFAST ENTRÉE Cheese Omelet</p> <p>13</p> <p>A) Chef's Choice B) Homemade Macaroni & Cheese Garden Salad, Baby Carrots *Local Chilled Mixed Fruit Seasonal Fresh Fruit</p>
<p>MONDAY BREAKFAST ENTRÉE Hot or Assorted Cold Cereal</p> <p>16</p> <p>A) Chicken Nuggets B) Italian Hot Pocket Hot Corn Niblets Garden Salad Broccoli Florets Sliced Apples *Local Assorted Grahams or Crackers</p>	<p>TUESDAY BREAKFAST ENTRÉE Grilled French Toast Sticks w/Syrup</p> <p>17</p> <p>A) Breaded Chicken Burger on a Multigrain Bun B) Fish Nuggets w/w/o Tartar Sauce Seasoned Oven Potatoes Garden Salad Baby Carrots *Local Kool Kiwi Fruit</p>	<p>WEDNESDAY BREAKFAST ENTRÉE Small Yogurt, Blueberry Muffin Square</p> <p>18</p> <p>A) Beef Teriyaki Dippers B) Mozzarella Cheese Breadsticks w/w/o Marinara Sauce Steamed Brown Rice Garden Salad Chilled Green Peas Anjou Pear *Local</p>	<p>THURSDAY BREAKFAST ENTRÉE Egg & Cheese Breakfast Burrito</p> <p>19</p> <p>A) Roast Turkey Gravy w/w/o Mashed Potatoes B) Chili Cheese Wrap Garden Salad Cucumber Coins *Local Fresh Satsuma Harvest Bars</p>	<p>FRIDAY BREAKFAST ENTRÉE Hot or Assorted Cold Cereal</p> <p>20</p> <p>A) Chef's Choice B) Bean & Cheese Burrito w/w/o Salsa Garden Salad, Chilled Mixed Fruit Seasonal Fresh Fruit & Veggies</p>

K-5 & K-8 schools closed 11/23 to 11/27 for Parent-Teacher conferences and the Thanksgiving Holiday break.

The American Thanksgiving tradition began as a feast in the early days of the American colonies almost four hundred years ago.



Artwork by NHHS student, Molly Boyd

<p>MONDAY BREAKFAST ENTRÉE Hot Cereal or Assorted Cold Cereal</p> <p>30</p> <p>A) Beef Ravioli B) Whole Grain Cheese Pizza Baby Carrots *Local Chilled Pears Crisp Apple *Local Cinnamon Bug Bites</p>
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Alternate Daily Lunch Choice

Local organic yogurt, bread du Jour, fresh fruits & vegetables.

Whole Wheat Toast, Fruit and/or 100% Fruit Juice

And Milk Served Daily at Breakfast.

HARVEST OF THE MONTH
Yakima Bartlett and Anjou Pears

Ⓟ Pork
Soy is a common ingredient in foods served

• rBST hormone free 1% white milk and non-fat chocolate milk available with meals
• Variety of cold cereals available daily as an alternative breakfast option for students