



# November



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fresh fruit and vegetables used  Price: Students K-12 Free Adult: \$3.00				Fruit 1 Juice Sausage gravy & biscuits Cereal Toast/ Jelly Milk
Fruit 4 Juice Egg & cheese on an English Cereal English/ Jelly Milk	Fruit 5 Juice Yogurt Cereal Muffin Milk	Fruit 6 Juice Waffles Syrup Cereal Toast/ Jelly Milk	Fruit 7 Juice Bacon & cheese on a bagel Cereal English/ Jelly Milk	Fruit 8 Juice Mini Cinnamon rolls Cereal Toast/ Jelly Milk
11	Fruit 12 Juice Bk. Pizza Hash brown Cereal Toast/ Jelly Milk	Fruit 13 Juice Bk. Parfait Cereal Toast Jelly Milk	Fruit 14 Juice Veggie Omelet Cereal Muffin Milk	Fruit 15 Juice French toast Syrup Cereal Toast/ Jelly Milk
Fruit 18 Juice Choice of cereal Toast Jelly Milk	Fruit/ Juice 19 Bagel w/ cream cheese or WOW butter Cereal Toast/ Jelly Milk	Fruit 20 Juice Pancakes Syrup Cereal Toast/ Jelly Milk	Fruit 21 Juice Fruit Smoothies Cereal Muffins Milk	Fruit 22 Juice Bacon breakfast Sandwich Cereal English/ Jelly Milk
Fruit 25 Juice Scrambled eggs Cereal Muffins Milk	Fruit 26 Juice Breakfast pizza Hash brown Cereal Toast/ Jelly Milk			

**BREAKFAST MENU IS SUBJECT TO CHANGE WITHOUT NOTICE**

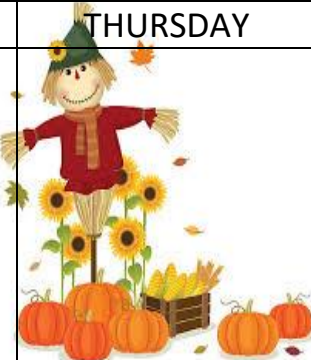






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## JCS LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All bread products are whole grain enriched Nondairy and Gluten Free options available	Sandwiches & Salads are made daily as part of the lunch options	Juice is offered daily along with fruit for grades 9-12		General Tso or Sweet & sour chicken with Roman noodles Mixed vegetable Rolls Milk <b>Dino-mite day</b> 
Hot dog on a Bun Michigan sauce Potato wedges Vegetables Fruit Milk	Chicken patty On a bun Couscous Vegetables Fruit Milk	Tacos ,L,T, French fries Rice Fruit Milk	Chef Salad Bread sticks Fruit Milk	Cheese or Pepperoni pizza Vegetables Muffins Fruit Milk
 11	Hot chicken wraps w/ cheese Rice Vegetables Fruit Milk	Italian Dunkers Pasta Vegetables Fruit Milk	Popcorn Chicken Potato wedges Vegetables Muffins Fruit Milk	Hamburger Gravy Potatoes Vegetables Biscuits Fruit Milk
Hot ham & cheddar sub Smiley fries Vegetables Fruit Milk	Hamburger On a bun Am. Cheese Seasoned pasta Vegetables Fruit Milk	Roast Turkey Stuffing/Potatoes Vegetables Cranberry sauce Fruit Rolls Milk	Meatball subs Baked chips Vegetables Fruit Milk	Chicken Nuggets Rice Vegetables Muffins Fruit Milk
Hot dog on a Bun Michigan sauce Tater tots Vegetables Fruit Milk	Cheese Vegetables Muffins Fruit Milk	Happy Thanksgiving Break!		

