

NOVEMBER 2019

HENRY-SENACHWINE GRADE AND JUNIOR HIGH SCHOOL

Juice & Fruit are served daily with
breakfast.
Milk is served daily with lunch.

MONDAY



Breakfast: Cereal & Graham Crackers **4**
Lunch: Mini Corn Dogs, Sweet Potato Fries, Pineapple Ice Cream

Breakfast: Cereal & Rice Krispie Treat **11**
Lunch: Chicken Nuggets, Green Beans, Orange Wedges, Cookie

Breakfast: Cereal & Poptart **18**
Lunch: Hot Dog/Bun, Chips, Cowboy Beans, Orange Wedges

Breakfast: Muffin **25**
Lunch: Sloppy Jo/Bun, Baked Beans, Broccoli, Mandarin Oranges

TUESDAY

FUN FACT!
GOOD NUTRITION
MONTH

Breakfast: Biscuits & Gravy **5**
Lunch: Cheese Pizza, Meat Stick, Broccoli, Orange Wedges

Breakfast: Breakfast Sandwich **12**
Lunch: Sausage Pizza, Carrots, Red Peppers, Grapes

Breakfast: Scrambled Eggs **19**
Lunch: Pepperoni Stuffed Crust Pizza, Lettuce Salad, Broccoli, Grapes

Breakfast: Pumpkin Bread **26**
Lunch: Fiestada Pizza, Carrots, Pineapple, Cookie

WEDNESDAY

SPECIAL ANNOUNCEMENT
SUNDAY, NOVEMBER 4 IS DAYLIGHT SAVINGS TIME

Breakfast: Apple Frudel **6**
Lunch: Hamburger/Bun, Cheese Slice, Baked Beans, Chips, Peaches or
SALAD BAR: Hamburger Bar

Breakfast: Bagelful **13**
Lunch: Grilled Cheese, Little Smokies, Broccoli, Apple Slices or
SALAD BAR: Grilled Cheese & Tomato Soup

Breakfast: Danish **20**
Lunch: Cheese Ravioli w/ Meat Sauce, Celery, Mixed Fruit, Garlic Bread or
SALAD BAR: Club Sandwich

NO SCHOOL **27**
THANKSGIVING
VACATION

THURSDAY



Breakfast: Breakfast Pizza **7**
Lunch: General Tso Chicken, Vegetable Fried Rice, Cucumbers, Fruit Cup, Fortune Cookie.

Breakfast: Pancakes & Sausage **14**
Lunch: Taco Stacks, Lettuce Salad, Refried Beans, Salsa, Pineapple

Breakfast: Breakfast Pizza **21**
Lunch: Turkey, Mashed Potatoes & Gravy, Carrots, Apple Slices, Pumpkin Pie

NO SCHOOL **28**
THANKSGIVING
VACATION
HAPPY THANKSGIVING!

FRIDAY

Breakfast: Breakfast Square **1**
Lunch: Pork Patty/Bun, Green Beans, Pears, Pudding or SALAD BAR

Breakfast: Donuts **8**
NO LUNCH - SID

Breakfast: HoneyBun **15**
Lunch: Rib Patty/Bun, Corn, Applesauce, Cookie Or
SALAD BAR

Breakfast: French Toast **22**
Lunch: Chicken Patty/Bun, Cauliflower, Peaches, Ice Cream or
SALAD BAR

NO SCHOOL **29**
THANKSGIVING
VACATION