

LEAPS & BOUNDS MENU

November 2013

Meal Information

Breakfast Served Daily: Includes cold cereal, yogurt, bread, 4 oz. real fruit juice, fruit and milk. No fat or low fat milk available every day. Condiments may include ketchup, mustard, mayonaise, R/F salad dressings, bbq sauce. Lunch includes selections from the Veggie Bar which may include pepper strips, cherry tomatoes, cucumbers, mixed romaine lettuce, celery sticks, baby carrots.

No breakfast on days school is delayed.

Food Service reserves the right to change the menu without notice.

Prices: Breakfast-- \$1.60 6-12, \$1.35 K-5
Lunch - \$2.40 Elementary, \$2.65 Middle/High School
Reduced Breakfast: \$0.30, Reduced Lunch: \$0.40
Adult Breakfast -- \$2.75, Adult Lunch -- \$4.00
Questions? Contact J. Momber, FS Director, 231.649.5319 or D. Fink, Head Cook, 231.889.4251 ext 109

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339; or (800)845-6136 (Spanish).

USDA is an equal opportunity provider and employer.

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Daylight savings time ends on the first Sunday in November.
Don't forget to set your clocks back!
HM = Home Made

Breakfast: Bagel and Cream Cheese **4**

Lunch: Walking Taco, Salsa & Lettuce, Corn, Applesauce

Snack: Trix Cereal Bar and Milk

Breakfast: Waffles **11**

Lunch: Chicken Nuggets, Brown Rice w/Sweet and Sour Sauce, Green Beans, Pineapple

Snack: Cheddar Chex Mix and Juice

Breakfast: Pancake Sausage Wrap **18**

Lunch: Tacos, Salsa & Lettuce, Refried Beans, Mixed Fruit

Snack: Trix Cereal Bar and Milk

Breakfast: Apple Cinnamon Texas Toast **25**

Lunch: HM Jumbo Cheese Ravioli, Romaine Salad w/Fresh Veggies, Pears

Snack: Cheezit Crackers and Milk

Breakfast: Scrambled Eggs & Toast **5**

Lunch: Hot Dog, WG Bun, Baked Beans, Peaches

Snack: Cheddar Chex Mix and Juice

Breakfast: Sunberry Breakfast Rounds **12**

Lunch: Turkey/Cheese, WG Goldfish Bun, Baked Beans, Peaches

Snack: Scooby Cinnamon Graham Crackers and Milk

Breakfast: French Toast **19**

Lunch: THANKSGIVING FEAST! Turkey, Mashed Potatoes & Gravy, Green Beans, WG Biscuit, Applesauce

Snack: Cheddar Chex Mix and Juice

Breakfast: Yogurt & Golden Grahams **26**

Lunch: Chicken Nuggets, Sweet Potato Tots, Applesauce

Snack: Scooby Cinnamon Graham Crackers and Juice

Breakfast: Blueberry Breakfast Round **6**

Lunch: Goulash, Romaine Salad w/fresh Veggies, Pears

Snack: Gogurt and Scooby Cinnamon Graham Crackers

Breakfast: Strawberry Pancakes **13**

Lunch: Big Daddy's Pepperoni Pizza, Steamed Broccoli, Pears

Snack: Cheese Stick and Fresh Apple

Breakfast: Gogurt and Cinnamon Tasties **20**

Lunch: Pepperoni Calzones, Steamed Carrots, Peaches

Snack: Gogurt and Scooby Cinnamon Graham Crackers

Breakfast: Egg/Bacon Breakfast Pizza **27**

Lunch: Hamburger, WG Bun, Baked Beans, Peaches

Snack: Applesauce Cup and Muffin

Breakfast: Breakfast Sausage Pizza **16**

Lunch: Chicken Patty, WG Bun, Green Beans, Oranges Wedges

Snack: Golden Grahams and Milk

Breakfast: Apple Jammers **14**

Lunch: Popcorn Chicken, BBQ Sauce, Sweet Potato Fries, Mixed Fruit

Snack: Trix Cereal Bar and Milk

Breakfast: Cereal and Toast **21**

Lunch: Hot Dog, WG Bun, French Fries, Banana

Snack: Cheese Stick and Banana

Happy Thanksgiving!

Breakfast: Cereal & Toast **1**

Lunch: Scrambled Eggs, Apple Jammers, Hashbrowns, Orange Juice

Snack: Gogurt and Graham Crackers

Breakfast: Breakfast Jammers **8**

Lunch: Cheese Pizza, Mixed Greens Salad/Dressing, Diced Pears

Snack: Applesauce Cup and Muffin

Opening Day of Deer Season
No School for Students or Staff
Good Luck Hunters!

Breakfast: Breakfast Jammers **22**

Lunch: Macaroni & Cheese, Steamed Broccoli, Pears

Snack: Scooby Cinnamon Graham Crackers and Milk

No Schools for Students or Staff