



**Approved Cereals:**  
 Rice Chex, Frst Mini Wheats, Choc Frst Mini Wheats, Cinn Toast Crunch, Cheerios, Rice Krispies

# Shady Dell, Campbell, Shining Stars Breakfast & Lunch November, 2018

(2)				<b>1</b> <b>Cereal</b> Elf Grahams Fresh 100% Fruit Juice White Milk  <b>Chix Nuggets</b> Baby Carrots Peach Applesauce Cup White Milk	<b>2</b> <b>Yogurt</b> Elf Grahams Diced Peaches White Milk  <b>Cheese Pizza</b> Steamed Broccoli w. Cheese Mandarin Oranges White Milk
(3)	<b>5</b> <b>No School</b>	<b>6</b> <b>No School</b>	<b>7</b> <b>Mini Maple Waffles</b> Applesauce White Milk  <b>Turkey &amp; Chz Salad Dinner Roll</b> Fresh Zucchini Squash Diced Peaches White Milk	<b>8</b> <b>Cham* &amp; Cheese Bagel</b> Banana White Milk  <b>Beef Soft Tacos</b> Corn Applesauce Cup White Milk	<b>9</b> <b>Cinn French Toast</b> 100% Apple Juice White Milk  <b>Cheese Pizza</b> Garden Salad Mandarin Oranges White Milk
(4)	<b>12</b> <b>Maple Mini Pancakes</b> Diced Peaches Applesauce White Milk  <b>Beef Quesadilla</b> Fresh Tomato Wedges 100% Fruit Juice White Milk	<b>13</b> <b>Grape Crescent</b> 100% Fruit Juice White Milk  <b>Beef Lasagna Breadstick</b> Roasted Carrots Sliced Apples White Milk	<b>14</b> <b>Apple Bosco Stick</b> Diced Peaches White Milk  <b>Country Popcorn Chicken Bowl</b> Green Beans Mandarin Oranges White Milk	<b>15</b> <b>Cereal</b> Elf Grahams Applesauce White Milk  <b>Cheeseburger</b> Baked Beans Pears White Milk	<b>16</b> <b>Yogurt</b> Elf Grahams 100% Fruit Juice White Milk  <b>Pepperoni* Pizza</b> Fresh Sliced Cucumbers Banana White Milk
(5)	<b>19</b> <b>Benefit Bar</b> Sliced Apples White Milk  <b>Salisbury Steak</b> Gravy Dinner Roll Mashed Potatoes Orange Wedges White Milk	<b>20</b> <b>Cereal</b> Elf Grahams 100% Fruit Juice White Milk  <b>Grilled **Cham &amp; Chz Sandwich</b> Celery Sticks Diced Pears White Milk	<b>21</b> <b>Thanksgiving Break</b>	<b>22</b> <b>Thanksgiving Break</b>	<b>23</b> <b>Thanksgiving Break</b>
(1)	<b>26</b> <b>Cinnamon French Toast</b> Apple Slices White Milk  <b>Oven Roasted Drumstick</b> Dinner Roll Mashed Potatoes 100% Fruit Juice White Milk	<b>27</b> <b>Yogurt</b> Elf Grahams 100% Fruit Juice White Milk  <b>Cheeseburger</b> Red Pepper Strips Sliced Apples White Milk	<b>28</b> <b>Cereal</b> Elf Grahams Applesauce White Milk  <b>Chicken Patty Sandwich</b> Green Beans Diced Peaches White Milk	<b>29</b> <b>Country Chicken Biscuit</b> Fresh Banana White Milk  <b>Salisbury Steak</b> Gravy Dinner Roll Mashed Potatoes Applesauce Cup White Milk	<b>30</b> <b>Cereal</b> Elf Grahams 100% Fruit Juice White Milk  <b>Cheese Pizza</b> Celery Sticks Banana White Milk

Free and Reduced Meal Applications can be filled out online at <https://frapps.horizonsolana.com/SPRR01> or you can pick up a paper version at your school office.

**Breakfast Prices:** Full Priced: \$1.25  
 Reduced: \$.30  
 BIC Sites: Free

Menus are subject to change without notice.

**Milk**

1% White

\*May contain pork

\*\*Chicken Ham