



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

# Study Shining Stars Breakfast & Lunch November, 2018

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

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.**

**\*Assorted Milk**  
 1% White  
 Skim Chocolate  
 Skim Vanilla  
 Skim Strawberry

\*May contain pork  
 \*\*Chicken Ham