

# North Mac Unit Dist. #34

# Nov. 2016 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Poptarts Cereal/Toast Fruit or Juice Milk	Sausage Cereal/Toast Fruit or Juice Milk	Breakfast on a Stick Cereal/Toast Fruit or Juice Milk	Mini Pancakes Cereal/Toast Fruit or Juice Milk
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Biscuits and Gravy Cereal/Toast Fruit or Juice Milk	Oatmeal Cereal/Toast Fruit or Juice Milk	Bagel/Cream Cheese Cereal/Toast Fruit or Juice Milk	Muffins Cereal/Toast Fruit or Juice Milk	Yogurt Cereal/Toast Fruit or Juice Milk
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
French Toast Cereal/Toast Fruit or Juice Milk	Sausage Cereal/Toast Fruit or Juice Milk	Cinnamon Roll Cereal/Toast Fruit or Juice Milk	Nutrigrain Bar Cereal/Toast Fruit or Juice Milk	Scrambled Eggs Cereal/Toast Fruit or Juice Milk
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Breakfast Pizza Cereal/Toast Fruit or Juice Milk	Oatmeal Cereal/Toast Fruit or Juice Milk	Donuts Cereal/Toast Fruit or Juice Milk	No School	No School
<b>28</b>	<b>29</b>	<b>30</b>		
Yogurt Cereal/Toast Fruit or Juice Milk	French Toast Cereal/Toast Fruit or Juice Milk	Sausage Cereal/Toast Fruit or Juice Milk		
	K-8 Juice offered on Tues. & Thurs. 9-12 Juice offered every day.			

Notes: Milk Choices include Fat Free Chocolate and 1% White Milk Every day.

Menu Subject to Change without Notice.

# North Mac Unit Dist. #34 – Lunch Menu

## November

## 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Hot Dog on Bun Green Beans Fruit Pudding Milk	<b>2</b> Mostaccioli Salad Carrots Fruit Milk	<b>3</b> Fiestada Salsa Baked Beans Fruit Milk	<b>4</b> Pizza Corn Fruit Ice Cream Milk
<b>7</b> Chili Carrots/Celery/ Cheese Salad Fruit Milk	<b>8</b> Rib on Bun Broccoli Fruit Pudding Milk	<b>9</b> Turkey/Gravy Mashed Pot. Green Beans Pumpkin pie Milk	<b>10</b> Nachos w/meat & Salsa Refried Beans Carrots Fruit Milk	<b>11</b> Rotini & Meat Sauce Green Beans Fruit Milk
<b>14</b> Sloppy Joe on Bun Cottage Cheese Pork & Beans Fruit Milk	<b>15</b> Grilled Cheese Tomato Soup Celery/Carrots Fruit Milk	<b>16</b> Chicken & Noodles Bread Sticks Spinach Fruit Milk	<b>17</b> Chicken Nuggets Ketchup Peas Fruit Milk	<b>18</b> Quesadillas Corn Fruit Cookie Milk
<b>21</b> Deli Sub Coleslaw Fruit Cheese Stick Milk	<b>22</b> Cheeseburger on Bun Chips Peas Pears in Jello Milk	<b>23</b> Italian Dunkers Marinara Salad Fruit Milk	<b>24</b> No School	<b>25</b> No School
<b>28</b> Chili Carrots/Celery/ Cheese Fruit Milk	<b>29</b> Chicken Nuggets Mashed Potatoes Salad Fruit Milk	<b>30</b> Baked Chicken Mac & Cheese Green Beans Fruit Milk		
Monday Alternate: Ham & Cheese	Tuesday Alternate: PB & J	Wednesday Alternate: Turkey	Thursday Alternate: PB&J	Friday Alternate: Ham & Cheese

**Notes: NMHS and NMMS will serve Salad Bar Everyday**  
Milk Choices include Fat Free Chocolate and 1% White Milk Everyday.

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