

NOVEMBER 2023

CANNELTON CITY SCHOOLS

LUNCH



School Information: ALL MENUS ARE SUBJECT TO CHANGE. THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.



November is National Peanut Butter Lovers Month. Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CHICKEN PATTIE ON BUN, COOKIES
CARROTS, STEAMED
BROCCOLI, FRUIT, MILK

6

TACO, CHIPS,
LETTUCE, CHEESE,
TOMATO, SALSA,
REFRIED BEANS, CORN,
FRUIT, MILK

7

CHILLI, CRACKERS,
PEANUT SANDWICH.
FRUIT, MILK

1

CHICKEN NUGGETS,
TOTS, GREEN BEANS,
FRESH VEGGIES, FRUIT,
MILK, BREAD

2

PIZZA, SALAD, FRESH
VEGGIES, MILK

3

BOSCO STICKS, SALAD,
FRESH VEGGIES, FRUIT,
MILK

10

CHICKEN FUJITA, ON
WRAP, RICE,
BROCCOLI, CARROTS
STICKS, FRUIT, MILK

13

SPAGHETTI WITH MEAT
SAUCE, GARLIC BREAD,
PEAS, FRUIT, MILK

14

THANKSGIVING MEAL,
TURKEY, DRESSING
MASHED POTATOES,
ROLLS, GRAVY, GREEN
BEANS, FRUIT, MILK

15

CORN DOGS, BAKE
BEANS, FRESH
VEGGIES, FRUIT, MILK

16

PIZZA, SALAD,
VEGGIES, FRUIT, MILK

17

HAMBURGER ON BUN,
FRIES, STEAMED
BROCCOLI, FRUIT, MILK

20

CHICKEN NUGGETS,
BAKED BEANS, CHIPS,
FRUIT, BREAD, MILK

21

THANKSGIVING BREAK

22

HAPPY
THANKSGIVING DAY

23

THANKSGIVING BREAK

24

SALISBURY STEAK,
GRAVY, MASHED
POTATOES, GREEN
BEANS, FRUIT, MILK
ROLLS

27

B.B. CHICKEN ON BUN,
BROCCOLI AND
CHEESE, CARROTS
STICKS, FRUIT, MILK

28

CHILLI, CRACKERS, P.B.
SANDWICH, FRUIT,
MILK

29

CORN DOGS, BAKE
BEANS, VEGGIES,
FRUIT, MILK

30

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BREAKFAST



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November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



GRAB AND GO CEREAL, FRUIT, MILK 6

PANCAKES, SYRUP, FRUIT, MILK 7

SAUSAGE BISCUIT, FRUIT, MILK 8

BREAKFAST PIZZA, FRUIT, MILK 9

BANANA BREAD, JUICE, FRUIT, MILK 10

GRAB AND GO CEREAL, FRUIT, MILK 13

FRENCH TOAST, SYRUP, FRUIT, MILK 14

BISCUIT AND GRAVY, FRUIT, MILK 15

BREAKFAST PIZZA, FRUIT, MILK 16

MUFFIN, FRUIT, JUICE, MILK 17

GRAB AND GO CEREAL, FRUIT, MILK 20

PANCAKES, FRUIT SYRUP, MILK 21

THANKSGIVING BREAK 22

THANKSGIVING DAY, 23

THANKSGIVING BREAK 24

GRAB AND GO CEREAL, FRUIT, MILK 27

FRENCH TOAST, SYRUP, FRUIT, MILK 28

SAUSAGE, BISCUIT, FRUIT, MILK 29

BREAKFAST PIZZA, FRUIT, MILK 30