

# NOVEMBER 2024

## CANNELTON CITY SCHOOLS

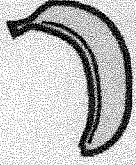
### BREAKFAST



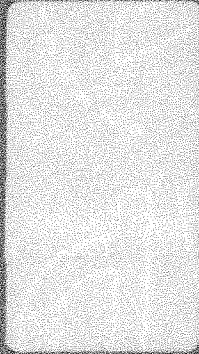
**School Information:** ALL MENUS ARE SUBJECT TO CHANGE. THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER



**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



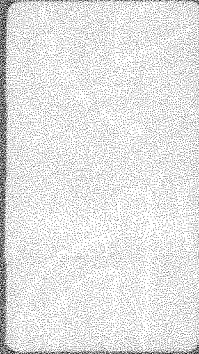
1  
PANCAKES, SYRUP, FRUIT AND MILK

11  
FRENCH TOAST STICKS, SYRUP, FRUIT, MILK

18  
PANCAKES, SYRUP, FRUIT AND MILK

25  
FRENCH TOAST STICKS, FRUIT AND MILK

#### TUESDAY



5  
CEREAL, FRUIT, JUICE AND MILK

12  
CEREAL, FRUIT, JUICE, MILK

19  
CEREAL, FRUIT, JUICE AND MILK

26  
CEREAL, FRUIT, JUICE AND MILK



#### WEDNESDAY

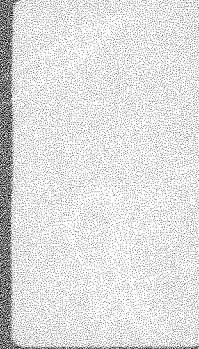
6  
EGG AND CHEESE OMELET, SAUSAGE, BISCUIT, FRUIT AND MILK

13  
SAUSAGE BISCUIT, FRUIT, AND MILK

20  
SAUSAGE EGG AND CHEESE BISCUIT, FRUIT AND MILK

27  
NO SCHOOL

#### THURSDAY



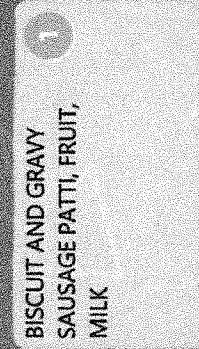
7  
CHICKEN BISCUIT, FRUIT, MILK

14  
MUFFINS, YOGURT, FRUIT AND MILK

21  
BREAKFAST PIZZA, FRUIT AND MILK

28  
NO SCHOOL

#### FRIDAY



1  
BISCUIT AND GRAVY SAUSAGE PATTI, FRUIT, MILK

8  
BISCUIT AND GRAVY FRUIT, JUICE AND MILK

15  
BISCUIT AND GRAVY, SAUSAGE, FRUIT AND MILK, JUICE

22  
BISCUIT AND GRAVY, FRUIT AND MILK

29  
NO SCHOOL

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## CANNELTON CITY SCHOOLS

### LUNCH



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**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

1  
HAMBURGER ON BUN,  
TATER WEDGES, BAKED  
BEANS, FRUIT AND MILK

2  
CHICKEN AND RICE,  
REFRIED BEANS, FRUIT  
VEGGIES, MILK

3  
TACO MEAT,  
TOSTITOS, REFRIED BEANS  
CHEESE, SALSA, LETTUCE,  
FRUIT AND MILK

4  
CHILLI CRACKERS, PEANUT  
BUTTER SAND, VEGGIES,  
FRUIT AND MILK

5  
CHICKEN NUGGETS,  
MAC AND CHEESE,  
TOTS, FRUIT AND MILK

### TUESDAY

6  
CHICKEN PATTI ON BUN,  
TATER WEDGES, FRUIT,  
VEGGIES AND MILK

7  
TURKEY AND DRESSING,  
MASH POTO, GREEN  
BEANS, ROLLS, FRUIT AND  
MILK

8  
SALIBURY STEAK, MASH  
POTO, CORN, FRUIT AND  
MILK

9  
FRENCH BREAD PIZZA,  
SALAD, FRUIT AND MILK

10  
BAKED POTO BAR,  
BROCCOLLI, FRUIT AND  
MILK

### WEDNESDAY

11  
CHICKEN ALFERDO,  
BREADSTICK, SALAD,  
FRUIT AND MILK

12  
CHICKEN NOODLE SOUP,  
CRACKERS, FRUIT, VEGGIES  
AND MILK

13  
VEGETABLE SOUP, GRILLED  
CHEESE, CRACKERS FRUIT  
AND MILK

14  
FRENCH BREAD PIZZA,  
FRUIT, SALAD, MILK

15  
TENDERLOIN ON BUN,  
CORN, FRUIT AND MILK

### THURSDAY

16  
NO SCHOOL

17  
NO SCHOOL

18  
NO SCHOOL

19  
NO SCHOOL

20  
NO SCHOOL

### FRIDAY

21  
NO SCHOOL

22  
NO SCHOOL

23  
NO SCHOOL

24  
NO SCHOOL

25  
NO SCHOOL