



**Clear Fork High/Middle School Menu November, 2016**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Oct 31</b> <b>Breakfast:</b> Cereal & String Cheese <b>Lunch:</b> Chicken Nuggets Roll w Margarine Tater Tots Raisins Milk 	<b>Nov 1</b> <b>Breakfast:</b> Apple or Cherry Frudel  <b>Lunch:</b> French Toast Sausage Links Potato Triangles Orange Juice Milk	<b>2</b> <b>Breakfast:</b> Omelet & Apple Muffin Bread  <b>Lunch:</b> Beefy Cheese Nachos w Salsa, Sour Cream Corn / Black Beans Sorbet Cup Milk	<b>3</b> <b>Breakfast:</b> Pancake Wrap  <b>Lunch:</b> Pizza Caesar Salad Apple Milk	<b>4</b>  <b>NO SCHOOL</b>  <i>Parent/Teacher Conferences</i> 8:00 am-11:30 am
<b>7</b> <b>Breakfast:</b> Cocoa Bar & String Cheese  <b>Lunch:</b> Chicken Patty on Bun Glazed Carrots Peaches Milk	<b>8</b> <b>Breakfast:</b> Biscuit & Gravy  <b>Lunch:</b> BBQ Rib on Bun Cheesy Potatoes Pears Milk	<b>9</b> <b>Breakfast:</b> Snackenwaffle <b>Lunch:</b> Lasagna Roll Up Breadstick Steamed Broccoli / Green Beans Pineapple Milk	<b>10</b> <b>Breakfast:</b> Bagel & Cream Cheese <b>Lunch:</b> 2 Beef Soft Tacos w Cheese Lettuce, Salsa, & Sour Cream Refried Beans Mixed Fruit Milk	<b>11</b> <b>Breakfast:</b> Apple Muffin  <b>Lunch:</b> Pepperoni Calzone Tossed Salad Orange Milk
<b>14</b> <b>Breakfast:</b> Yogurt & Goldfish Grahams  <b>Lunch:</b> 2 Hot Dogs French Fries Applesauce Milk	<b>15</b> <b>Breakfast:</b> Mini Pancakes <b>Lunch:</b> Sweet & Sour / General Tso Chicken Oriental Vegetables Steamed Rice Mandarin Oranges Fortune Cookie Milk	<b>16</b> <b>Breakfast:</b> Cinnamon Roll  <b>Lunch:</b> Bosco Sticks w Sauce Green Beans Peaches Milk	<b>17</b> <b>Breakfast:</b> Bacon & Egg Breakfast Pizza <b>Lunch:</b> Turkey Gravy Mashed Potatoes Roll w Margarine Mixed Vegetables Pumpkin Dream Pie Milk	<b>18</b> <b>Breakfast:</b> Apple or Cherry Frudel  <b>Lunch:</b> Chicken Quesadilla Lettuce, Salsa, Sr Cream Corn / Black Beans Apple Milk
<b>21</b> <b>Breakfast:</b> Hard Boiled Egg & Apple Muffin Brd <b>Lunch:</b> Toasted Cheese Sandwich Tomato Soup Pickle Spear Pears Milk	<b>22</b> <b>Breakfast:</b> Glazed Donut  <b>Lunch:</b> Pizza Tossed Salad Pineapple Milk	<b>23</b>  <b>NO SCHOOL</b>	<b>24</b>  <b>Happy Thanksgiving</b> 	<b>25</b>  <b>NO SCHOOL</b>
<b>28</b>  <b>NO SCHOOL</b>	<b>29</b> <b>Breakfast:</b> Cereal & String Cheese <b>Lunch:</b> Cheeseburger Deluxe French Fries Mixed Fruit Milk	<b>30</b> <b>Breakfast:</b> Sausage Breakfast Pizza <b>Lunch:</b> CF Chicken Bowl Biscuit Pears Milk	<b>Dec 1</b> <b>Breakfast:</b> Mini Cinnis <b>Lunch:</b> Frito Flip Corn / Black Beans Peaches Milk	<b>2</b> <b>Breakfast:</b> Donut Hole & String Cheese <b>Lunch:</b> Pepperoni Calzone Caesar Salad Orange Milk

*\*Breakfast includes milk and choice of fruit or 100% fruit juice*

\*Menu may change due to availability of products. "Offer vs. Serve" is a provision of the National School Lunch Program that allows students to refuse up to two items of the lunch menu and one item from the breakfast menu. If a child refuses one or two items the full price is still charged, therefore we encourage students to take the full meal. Lunch Prices are: Elementary School = \$2.50; Middle School = \$2.75; High School = \$3.00 Adults = \$3.00. Breakfast prices are: Elementary School = FREE; Middle School = \$1.50; High School = \$1.50.

*"This institution is an equal opportunity provider and employer"*