



Spencer Public School Nutrition and Lunch Menu's **November** 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cereal/ Donut Hole <u>Juice/Fresh Fruit</u> Breakfast for Lunch French Toast/Syrup Sausage, Hash Brown, Cinnamon, Applesauce	2 Breakfast Pizza <u>Juice/Fresh Fruit</u> Chicken or Potato Soup Hot Ham n Cheese Veggie, Pears Fresh Fruit Cookie Alt PBJ	3 Pancake/Syrup <u>Juice / Fresh Fruit</u> Popcorn Chicken w/BBQ, SnS, Ketchup Sun Chip Broccoli/ Peaches Fresh Fruit	4 w/Long john Cheese Stix <u>Juice/Fresh Fruit</u> Sub, Mayo, Mustard, Sun Chip Veggie ,Pineapple Fresh Fruit, Brownie
7 Pancake on a Stick <u>Juice/Fresh Fruit</u> Pizza Veggie/ Pears Fresh Fruit Fruit Bar	8 Cereal Frudels <u>Juice/Fresh Fruit</u> Tacos Shred Cheese, Sour Cream, Salsa Chip ,Corn/ Pears Fresh Fruit Alt Chicken Fajita	9 Breakfast Pizza <u>Juice/Fresh Fruit</u> Hot Dogs/ Ketchup, Mustard, Relish Sun Chip Baked Beans Veggies/ Pears Fresh Fruit	10 Chicken Waffle Sandwich Juice/ Fresh Fruit <u>Elem Jumpstart</u> Cheeseburger/Ketchup, Mustard, Mayo Sun Chip Baked Beans Veggies/ Pears Fresh Fruit	11 w/Cake Donut Cheese Stix <u>Juice/Fresh Fruit</u> Cheese Fries w/Sauce Sun Chip Veggies/ Pears Rice Krispy Treat Alt Philly Steak
14 Waffle/Syrup <u>Juice/Fresh Fruit</u> Mini Corn Dogs Sun Chip Carrots/ Mandarin Oranges Fresh Fruit Alt Cuban	15 French Toast/Syrup <u>Choice of Juice</u> Chicken Nugget w/BBQ, SNS, Ketchup Mashed Potatoes Veggies/Applesauce Fresh Fruit	16 Breakfast Pizza <u>Juice/Fresh Fruit</u> Nachos Chicken or Beef Salsa, Sour Cream Chip Veggies/ Peaches	17 Breakfast Scrambler Biscuit <u>Juice/Fresh Fruit</u> Turkey n Gravy Mashed Potatoes Carrots/Applesauce Cookie Alt Salisbury Steak	18 W/Cinnamon Roll Yogurt <u>Juice/Fresh Fruit</u> Cheese Bread w/Sauce, Sun Chip Veggies/ Applesauce Fresh Fruit Brownie Alt Hot Beef
21 Q-Bread Choice of Juice <u>Fresh Fruit</u> Chicken Tender w/BBQ, SnS, Ketchup, Sun Chip Veggies/ Peaches Fresh Fruit	22 Elem Jumpstart Ms/High Breakfast <u>Sandwich</u> Pizza Veggie/ Pears Fresh Fruit	23 No School	24 No School 	25 No School
28 Cereal/ Donut Hole <u>Juice/Fresh Fruit</u> Breakfast for Lunch French Toast/Syrup Sausage, Hash Brown, Cinnamon, Applesauce	29 Breakfast Bites <u>Juice/Fresh Fruit-</u> Chicken Patty w/Mayo, Ketchup Sun Chip Veggies/ Peaches Fresh Fruit, Cookie Alt Meatball Sub	30 Breakfast Pizza <u>Juice/Fresh Fruit</u> Spaghetti Bread Stick Steamed Green Beans/Raspberry Applesauce Fresh fruit	Milk served daily  1% Skim Skim Chocolate	Breakfast- FREE Lunch Grades 4K-5.....\$2.80 Grades 6-8.....\$3.00 Adult.....\$4.00

Menu is subject to change without notice. Fresh fruit and veggie bar is served daily. Reminder that you are able to fill out the free and reduced application yearly. Spencer is an equal opportunity provider.