

## Crossroads Breakfast Menu November 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>Breakfast Meal Kit</b> <b>Coco Puffs</b> WG Cheez-its snack 100% Fruit punch Juice Apple Slices Choice of Milk	<b>2</b> <b>Breakfast Meal Kit</b> <b>Team Cheerios Cereal Bar</b> Mini Cinn Crackers 100% Orange Juice Apple Slices Choice of Milk	<b>3</b> <b>Breakfast Meal Kit</b> <b>Lucky Charms</b> Strawberry mini bites 4oz fruit juice Apple Slices Choice of Milk	<b>4</b> <b>Breakfast Meal Kit</b> <b>Fudge Pop Tart</b> Cinn Grahams 100% apple juice Apple Slices Choice of Milk	<b>5</b> <b>Breakfast Meal Kit</b> <b>Coco Puff Cereal Bar</b> WG Cheez-its snack 100% Fruit punch Juice Apple Slices Choice of Milk
	<b>8</b> <b>Breakfast Meal Kit</b> <b>Coco Puffs</b> WG Cheez-its snack 100% Fruit punch Juice Apple Slices Choice of Milk	<b>9</b> <b>Breakfast Meal Kit</b> <b>Team Cheerios Cereal Bar</b> Mini Cinn Crackers 100% Orange Juice Apple Slices Choice of Milk	<b>10</b> <b>Breakfast Meal Kit</b> <b>Lucky Charms</b> Strawberry mini bites 4oz fruit juice Apple Slices Choice of Milk	<b>11</b> <b>Breakfast Meal Kit</b> <b>Fudge Pop Tart</b> Cinn Grahams 100% apple juice Apple Slices Choice of Milk	<b>12</b> <b>Breakfast Meal Kit</b> <b>Coco Puff Cereal Bar</b> WG Cheez-its snack 100% Fruit punch Juice Apple Slices Choice of Milk
	<b>15</b> <b>Breakfast Meal Kit</b> <b>Coco Puffs</b> WG Cheez-its snack 100% Fruit punch Juice Apple Slices Choice of Milk	<b>16</b> <b>Breakfast Meal Kit</b> <b>Team Cheerios Cereal Bar</b> Mini Cinn Crackers 100% Orange Juice Apple Slices Choice of Milk	<b>17</b> <b>Breakfast Meal Kit</b> <b>Lucky Charms</b> Strawberry mini bites 4oz fruit juice Apple Slices Choice of Milk	<b>18</b> <b>Breakfast Meal Kit</b> <b>Fudge Pop Tart</b> Cinn Grahams 100% apple juice Apple Slices Choice of Milk	<b>19</b> <b>Breakfast Meal Kit</b> <b>Coco Puff Cereal Bar</b> WG Cheez-its snack 100% Fruit punch Juice Apple Slices Choice of Milk
All Milk is 1% White All bread is whole grain	<b>22</b> <b>Breakfast Meal Kit</b> <b>Coco Puffs</b> WG Cheez-its snack 100% Fruit punch Juice Apple Slices Choice of Milk	<b>23</b> <b>Breakfast Meal Kit</b> <b>Team Cheerios Cereal Bar</b> Mini Cinn Crackers 100% Orange Juice Apple Slices Choice of Milk	<b>24</b> <b>NO SCHOOL</b> <b>Fall Break</b>	<b>25</b> <b>NO SCHOOL</b> <b>Fall Break</b>	<b>26</b> <b>NO SCHOOL</b> <b>Fall Break</b>
Menu subject to change	<b>29</b> <b>NO SCHOOL</b> <b>Fall Break</b>	<b>30</b> <b>Breakfast Meal Kit</b> <b>Team Cheerios Cereal Bar</b> Mini Cinn Crackers 100% Orange Juice Apple Slices Choice of Milk	<b>December 1</b> <b>Breakfast Meal Kit</b> <b>Lucky Charms</b> Strawberry mini bites 4oz fruit juice Apple Slices Choice of Milk	<b>December 2</b> <b>Breakfast Meal Kit</b> <b>Fudge Pop Tart</b> Cinn Grahams 100% apple juice Apple Slices Choice of Milk	<b>December 3</b> <b>Breakfast Meal Kit</b> <b>Coco Puff Cereal Bar</b> WG Cheez-its snack 100% Fruit punch Juice Apple Slices Choice of Milk

The National School Lunch Program states that no student will be discriminated against on the basis of race, color, national origin, sex, age, or disability

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	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>MEATBALL HOAGIE</b> on Whole Grain Bun French Fries Carrot Sticks Assorted Cupped and Fresh Fruit Choice of Low Fat Milk	<b>2</b> <b>NACHOS GRANDE</b> on Whole Grain Tortilla Chips Corn, Black Beans Celery Sticks Assorted Cupped and Fresh Fruit Choice of Low Fat Milk	<b>3</b> <b>CHICKEN NUGGETS</b> Whole Grain Dinner Roll Mashed Potatoes Red Peppers Assorted Fresh Fruit Choice of Low Fat Milk	<b>4</b> <b>ROTINI PASTA with MEAT SAUCE</b> Garden Romaine Salad Whole Grain Dinner Roll(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>5</b> <b>FRENCH BREAD PIZZA</b> French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk
<p><b>Every student of Farrell Schools is entitled to breakfast and lunch at no cost!</b></p> <p>Don't forget to take at least one fruit or veggie with each meal <b>Grades 9-12 may take two fruits</b></p>	<b>8</b> <b>CHEESEBURGERS</b> on Whole Grain Bun French Fries Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk	<b>9</b> <b>WALKING TACOS</b> with Whole Grain Tortilla Chips Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>10</b> <b>CHICKEN SANDWICH</b> on Whole Grain Bun Baked Beans Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk	<b>11</b> <b>MACARONI with MEATBALLS</b> Garden Romaine Salad Whole Grain Dinner Roll(9-12) Carrot Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>12</b> <b>MEATLOAF</b> Whole Grain Dinner Roll Mashed Potatoes Red Peppers Assorted Fresh Fruit Choice of Low Fat Milk
<p>Weekly vegetable sub groups may include: dark green, red/orange, legumes, starchy, and other</p> <p>Daily fruit choices may include: apples, oranges, bananas, applesauce, strawberries, peach cups, and apple slices</p>	<b>15</b> <b>CORN DOGS</b> French Fries Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk	<b>16</b> <b>NACHOS GRANDE</b> on Whole Grain Tortilla Chips Corn, Black Beans Celery Sticks Assorted Cupped and Fresh Fruit Choice of Low Fat Milk	<b>17</b> <b>CHICKEN TENDERS</b> Whole Grain Dinner Roll Mashed Potatoes Baby Tomatoes Assorted Fresh Fruit Choice of Low Fat Milk	<b>18</b> <b>ROTINI with MEATSAUCE</b> Garden Romaine Salad Whole Grain Dinner Roll(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>19</b> <b>MEXICAN PIZZA</b> French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk
<p>Milk offered daily: fat free chocolate, 1% white</p> <p>All bread is whole grain</p>	<b>22</b> <b>TOASTED CHEESE SANDWICH</b> Tomato Soup Carrot Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>23</b> <b>CHEESEBURGERS</b> on Whole Grain Bun French Fries Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk	<b>24</b> <b>NO SCHOOL</b> <b>Fall Break</b>	<b>25</b> <b>NO SCHOOL</b> <b>Fall Break</b>	<b>26</b> <b>NO SCHOOL</b> <b>Fall Break</b>
<p><b>Cheez-its Grades 7-12 on</b> 11/4, 11/5, 11/6 11/13 11/16, 11/20 11/23, 11/24, 11/25 12/1</p> <p>Menu subject to change</p>	<b>29</b> <b>NO SCHOOL</b> <b>Fall Break</b>	<b>30</b> <b>SLOPPY JOES</b> on Whole Grain Bun French Fries Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk	<b>December 1</b> <b>CHICKEN SANDWICH</b> on Whole Grain Bun Baked Beans Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk	<b>December 2</b> <b>PENNE PASTA with MEAT SAUCE</b> Garden Romaine Salad Whole Grain Dinner Roll(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>December 3</b> <b>MEXICAN PIZZA</b> French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk

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