

## Crossroads Breakfast Menu November 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>BREAKFAST MEAL KIT</b> Strawberry Pop Tart Mini Animal Crackers 100% Fruit Juice Choice of Milk	<b>2</b> <b>BREAKFAST MEAL KIT</b> Lucky Charms 100% Fruit Juice Strawberry Crackers Choice of Milk	<b>3</b> <b>BREAKFAST MEAL KIT</b> Fudge Pop Tart Mini Animal Crackers 100% Fruit Juice Choice of Milk	<b>4</b> <b>BREAKFAST MEAL KIT</b> Cocoa Puff Bar Cheez Itz 100% Fruit Juice Box Choice of Milk
	<b>7</b> <b>BREAKFAST MEAL KIT</b> Cinnamon Pop Tart Animal Graham Crackers 100% Juice Box Choice of Milk	<b>8</b> <b>BREAKFAST MEAL KIT</b> Strawberry Pop Tart Mini Animal Crackers 100% Fruit Juice Choice of Milk	<b>9</b> <b>BREAKFAST MEAL KIT</b> Lucky Charms 100% Fruit Juice Strawberry Crackers Choice of Milk	<b>10</b> <b>BREAKFAST MEAL KIT</b> Fudge Pop Tart Mini Animal Crackers 100% Fruit Juice Choice of Milk	<b>11</b> <b>BREAKFAST MEAL KIT</b> Cocoa Puff Bar Cheez Itz 100% Fruit Juice Box Choice of Milk
	<b>14</b> <b>BREAKFAST MEAL KIT</b> Cinnamon Pop Tart Animal Graham Crackers 100% Juice Box Choice of Milk	<b>15</b> <b>BREAKFAST MEAL KIT</b> Strawberry Pop Tart Mini Animal Crackers 100% Fruit Juice Choice of Milk	<b>16</b> <b>BREAKFAST MEAL KIT</b> Lucky Charms 100% Fruit Juice Strawberry Crackers Choice of Milk	<b>17</b> <b>BREAKFAST MEAL KIT</b> Fudge Pop Tart Mini Animal Crackers 100% Fruit Juice Choice of Milk	<b>18</b> <b>BREAKFAST MEAL KIT</b> Cocoa Puff Bar Cheez Itz 100% Fruit Juice Box Choice of Milk
All Milk is 1% White All bread is whole grain	<b>21</b> <b>BREAKFAST MEAL KIT</b> Cinnamon Pop Tart Animal Graham Crackers 100% Juice Box Choice of Milk	<b>22</b> <b>BREAKFAST MEAL KIT</b> Strawberry Pop Tart Mini Animal Crackers 100% Fruit Juice Choice of Milk	<b>23</b> <b>NO SCHOOL</b> <b>Fall Break</b>	<b>24</b> <b>NO SCHOOL</b> <b>Fall Break</b>	<b>25</b> <b>NO SCHOOL</b> <b>Fall Break</b>
Menu subject to change	<b>28</b> <b>NO SCHOOL</b> <b>Fall Break</b>	<b>29</b> <b>BREAKFAST MEAL KIT</b> Strawberry Pop Tart Mini Animal Crackers 100% Fruit Juice Choice of Milk	<b>30</b> <b>BREAKFAST MEAL KIT</b> Lucky Charms 100% Fruit Juice Strawberry Crackers Choice of Milk	<b>December 1</b> <b>BREAKFAST MEAL KIT</b> Fudge Pop Tart Mini Animal Crackers 100% Fruit Juice Choice of Milk	<b>December 2</b> <b>BREAKFAST MEAL KIT</b> Cocoa Puff Bar Cheez Itz 100% Fruit Juice Box 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

## Crossroads Lunch Menu November 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>WALKING CHICKEN TACOS</b> with Whole Grain Tortilla Chips Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>2</b> <b>MEATLOAF</b> Whole Grain Dinner Roll Mashed Potatoes Red Peppers Assorted Fresh Fruit Choice of Low Fat Milk	<b>3</b> <b>MACARONI with MEATBALLS</b> Garden Romaine Salad Whole Grain Breadstick(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>4</b> <b>ASIAN CHICKEN</b> on Bed of Brown Rice Steamed Broccoli Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk
<b>Every student of Farrell Schools is entitled to breakfast and lunch at no cost!</b>	<b>7</b> <b>SLOPPY JOES</b> on Whole Grain Bun French Fries Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk	<b>8</b> <b>HOT HAM &amp; CHEESE SANDWICH</b> on Whole Grain Bun Steamed Broccoli Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>9</b> <b>CHICKEN SANDWICH</b> on Whole Grain Bun Baked Beans Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk	<b>10</b> <b>PENNE PASTA with MEAT SAUCE</b> Garden Romaine Salad Whole Grain Breadstick(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>11</b> <b>MEXICAN PIZZA</b> French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk
Milk, juice, and fruit with each breakfast	<b>14</b> <b>BBQ RIB SANDWICH</b> on Whole Grain Bun Tater Tots Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk	<b>15</b> <b>CHICKEN NACHOS</b> on Whole Grain Tortilla Chips Corn or Black Beans Celery Sticks Assorted Cupped and Fresh Fruit Choice of Low Fat Milk	<b>16</b> <b>CHICKEN NUGGETS</b> Whole Grain Dinner Roll Mashed Potatoes Red Peppers Assorted Fresh Fruit Choice of Low Fat Milk	<b>17</b> <b>ROTINI with MEATBALLS</b> Garden Romaine Salad Whole Grain Breadstick(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>18</b> <b>STUFFED CRUST PIZZA</b> French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk
Milk offered daily: fat free chocolate, 1% white  All bread is whole grain	<b>21</b> <b>CHEESEBURGERS</b> on Whole Grain Bun French Fries Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk	<b>22</b> <b>BAKED CHICKEN</b> Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit Low fat milk Thanksgiving treat	<b>23</b> <b>NO SCHOOL</b> <b>Fall Break</b>	<b>24</b> <b>NO SCHOOL</b> <b>Fall Break</b>	<b>25</b> <b>NO SCHOOL</b> <b>Fall Break</b>
Cheez-its Grades 7-12 on 11/2 11/3 11/4 11/7 11/8 11/9 11/11 11/14 11/18  Menu subject to change	<b>28</b> <b>NO SCHOOL</b> <b>Fall Break</b>	<b>29</b> <b>BBQ RIB SANDWICH</b> on Whole Grain Bun French Fries Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk	<b>30</b> <b>CHICKEN SANDWICH</b> on Whole Grain Bun Corn Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk	<b>December 1</b> <b>MACARONI with MEATBALLS</b> Garden Romaine Salad Whole Grain Breadstick(9-12) Carrot Sticks Assorted Fresh Fruit Choice of Low Fat Milk	<b>December 2</b> <b>MEATLOAF</b> Whole Grain Dinner Roll Mashed Potatoes Red Peppers Assorted Fresh Fruit Choice of Low Fat Milk

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