


Farrell Area Schools K-12 Breakfast Menu November 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	The Food Service Staff is hiring Please pick up an application if Interested 724-509-1266	1 ELEMENTARY (K-6) BREAKFAST MEAL KIT Cheerio Bar Kit HIGH SCHOOL (7-12) Dunkin Stick	2 ELEMENTARY (K-6) BREAKFAST MEAL KIT Lucky Charms Kit HIGH SCHOOL (7-12) Cinnamon Roll	3 ELEMENTARY (K-6) BREAKFAST MEAL KIT Fudge Pop Tart Kit HIGH SCHOOL (7-12) Goody Ring	4 ELEMENTARY (K-6) BREAKFAST MEAL KIT Coco Puff Bar Kit HIGH SCHOOL (7-12) Oatmeal Chocolate Chip Benefit Bar
	Every student of Farrell Schools is entitled to breakfast and lunch at no cost!	7 ELEMENTARY (K-6) BREAKFAST MEAL KIT Coco Puffs Kit HIGH SCHOOL (7-12) Oatmeal Cinnamon Cookie UBR	8 ELEMENTARY (K-6) BREAKFAST MEAL KIT Cheerio Bar Kit HIGH SCHOOL (7-12) Oatmeal Chocolate Chip Benefit Bar	9 ELEMENTARY (K-6) BREAKFAST MEAL KIT Lucky Charms Kit HIGH SCHOOL (7-12) Sweet Roll	10 ELEMENTARY (K-6) BREAKFAST MEAL KIT Fudge Pop Tart Kit HIGH SCHOOL (7-12) Apple Flips
Each breakfast is served with 100% fruit juice and a fruit	14 ELEMENTARY (K-6) BREAKFAST MEAL KIT Coco Puffs Kit HIGH SCHOOL (7-12) Cinnamon Roll	15 ELEMENTARY (K-6) BREAKFAST MEAL KIT Cheerio Bar Kit HIGH SCHOOL (7-12) Dunkin Stick	16 ELEMENTARY (K-6) BREAKFAST MEAL KIT Lucky Charms Kit HIGH SCHOOL (7-12) Goody Ring	17 ELEMENTARY (K-6) BREAKFAST MEAL KIT Fudge Pop Tart Kit HIGH SCHOOL (7-12) Oatmeal Cinnamon Cookie UBR	18 ELEMENTARY (K-6) BREAKFAST MEAL KIT Coco Puff Bar Kit HIGH SCHOOL (7-12) Coffee Cake
Milk offered daily: fat free chocolate, 1% white All bread is whole grain	21 ELEMENTARY (K-6) BREAKFAST MEAL KIT Coco Puffs Kit HIGH SCHOOL (7-12) Dunkin Stick	22 ELEMENTARY (K-6) BREAKFAST MEAL KIT Cheerio Bar Kit HIGH SCHOOL (7-12) Oatmeal Cinnamon Cookie UBR	23 NO SCHOOL Fall Break	24 NO SCHOOL Fall Break	25 NO SCHOOL Fall Break
The Food Service Staff is hiring Please pick up an application if Interested 724-509-1266 Menu subject to change	28 NO SCHOOL Fall Break	29 ELEMENTARY (K-6) BREAKFAST MEAL KIT Cheerio Bar Kit HIGH SCHOOL (7-12) Oatmeal Chocolate Chip Benefit Bar	30 ELEMENTARY (K-6) BREAKFAST MEAL KIT Lucky Charms HIGH SCHOOL (7-12) Super Bun	December 1 ELEMENTARY (K-6) BREAKFAST MEAL KIT Fudge Pop Tart Kit HIGH SCHOOL (7-12) Oatmeal Cinnamon Cookie UBR	December 2 ELEMENTARY (K-6) BREAKFAST MEAL KIT Coco Puff Bar Kit HIGH SCHOOL (7-12) Apple Flips

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

Farrell Area Schools K-12 Lunch Menu November 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	The Food Service Staff is hiring Please pick up an application if Interested 724-509-1266	1 WALKING CHICKEN TACOS with Whole Grain Tortilla Chips Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	2 MEATLOAF Whole Grain Dinner Roll Mashed Potatoes Red Peppers Assorted Fresh Fruit Choice of Low Fat Milk	3 MACARONI with MEATBALLS Garden Romaine Salad Whole Grain Breadstick(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	4 ASIAN CHICKEN on Bed of Brown Rice Steamed Broccoli Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk
	7 SLOPPY JOES on Whole Grain Bun French Fries Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk	8 HOT HAM & CHEESE SANDWICH on Whole Grain Bun Steamed Broccoli Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	9 CHICKEN SANDWICH on Whole Grain Bun Baked Beans Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk	10 PENNE PASTA with MEAT SAUCE Garden Romaine Salad Whole Grain Breadstick(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	11 MEXICAN PIZZA French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk
	14 BBQ RIB SANDWICH on Whole Grain Bun Tater Tots Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk	15 CHICKEN NACHOS on Whole Grain Tortilla Chips Corn or Black Beans Celery Sticks Assorted Cupped and Fresh Fruit Choice of Low Fat Milk	16 CHICKEN NUGGETS Whole Grain Dinner Roll Mashed Potatoes Red Peppers Assorted Fresh Fruit Choice of Low Fat Milk	17 ROTINI with MEATBALLS Garden Romaine Salad Whole Grain Breadstick(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	18 STUFFED CRUST PIZZA French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk
	21 CHEESEBURGERS on Whole Grain Bun French Fries Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk	22 BAKED CHICKEN Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit Low fat milk Thanksgiving treat	23 NO SCHOOL Fall Break	24 NO SCHOOL Fall Break	25 NO SCHOOL Fall Break
	28 NO SCHOOL Fall Break	29 BBQ RIB SANDWICH on Whole Grain Bun French Fries Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk	30 CHICKEN SANDWICH on Whole Grain Bun Corn Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk	December 1 MACARONI with MEATBALLS Garden Romaine Salad Whole Grain Breadstick(9-12) Carrot Sticks Assorted Fresh Fruit Choice of Low Fat Milk	December 2 MEATLOAF Whole Grain Dinner Roll Mashed Potatoes Red Peppers Assorted Fresh Fruit Choice of Low Fat Milk

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Don't forget to take at least one fruit or veggie with each meal

Grades 9-12 may take two fruits

Weekly vegetable sub groups may include: dark green, red/orange, legumes, starchy, and other

Daily fruit choices may include: apples, oranges, bananas, applesauce, strawberries, peach cups, and apple slices

Milk offered daily: fat free chocolate, 1% white

All bread is whole grain

Grab & Go Salads offered daily as a meal

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

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