

# NOVEMBER 2018

## EAST BERNSTADT INDEPENDENT SCHOOL

	Elementary & Middle	Adults
Breakfast	\$0.00	\$2.50
Lunch	\$0.00	\$3.50

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



5  
 Chicken Nuggets,  
 Sandwich, Chef Salad,  
 Broccoli & Cheese or Carrots,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Roll  
 Var. of Milk

6  
**NO SCHOOL**

7  
 Hamburger or  
 Cheeseburger, Sandwich,  
 Chef Salad, Baked Beans or  
 Fries, Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Bun  
 Var. of Milk

1  
 Cheese or Pepp. Pizza,  
 Sandwich, Chef Salad,  
 Corn or Tossed Salad,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Crust  
 Var. of Milk

2  
 Tangerine Chicken Stir Fry,  
 Sandwich, Chef Salad,  
 California Blend Veggies or Egg Roll,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Roll & Asian Rice  
 Var. of Milk

12  
 Chicken Strips,  
 Sandwich, Chef Salad,  
 Broccoli & Cheese or Carrots,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Roll  
 Var. of Milk

13  
 Hot Dog & Chili,  
 Sandwich, Chef Salad,  
 Sweet Potatoes or Peas,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 Baked Chips & Cookie  
 Var. of Milk

14  
 Chicken Patty,  
 Sandwich, Chef Salad,  
 Baked Beans or Fries,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Bun  
 Var. of Milk

8  
 Little Caesars Pizza,  
 Sandwich, Chef Salad,  
 Corn or Tossed Salad,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Crust  
 Var. of Milk

9  
 Baked Ham,  
 Sandwich, Chef Salad,  
 Green Beans or Mashed Pot.,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Roll  
 Var. of Milk

19  
 Turkey/Gravy & Stuffing,  
 Sandwich, Chef Salad,  
 Mashed Pot., or Green Beans,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Roll  
 Var. of Milk

20  
 Spaghetti w/Meat Sauce,  
 Sandwich, Chef Salad,  
 Tossed Salad or Peas,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Toast & Cookie  
 Var. of Milk

21  
**NO SCHOOL**

15  
 Cheesy Bread, Pepperoni  
 Calzone, Chef Salad,  
 Corn or Tossed Salad,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Crust  
 Var. of Milk

16  
 Chili/Chips/Cheese,  
 Sandwich, Taco Salad,  
 Refried Beans or Fresh Broccoli,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 Baked Scoops & Mex. Rice  
 Var. of Milk

26  
 Chicken Nuggets,  
 Sandwich, Chef Salad,  
 Broccoli & Cheese or Carrots,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Roll  
 Var. of Milk

27  
 Corn Dog, BBQ Sandwich,  
 Chef Salad,  
 Sweet Potatoes or Peas,  
 Fruit Cup, Fresh Fruit,  
 100% Juice  
 Baked Chips & Cookie  
 Var. of Milk

28  
 Hamburger or  
 Cheeseburger, Sandwich,  
 Chef Salad, Baked Beans or  
 Fries, Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Bun  
 Var. of Milk



29  
 Cheese or Pepp. Pizza,  
 Sandwich, Chef Salad,  
 Corn or Tossed Salad,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Crust  
 Var. of Milk

30  
 Baked Ham,  
 Sandwich, Chef Salad,  
 Green Beans or Mashed Pot.,  
 Fruit cup, Fresh Fruit,  
 100% Fruit Juice  
 WG Roll  
 Var. of Milk

**Students must choose ½ cup fruit daily at breakfast and ½ cup fruit or ½ cup vegetable daily at lunch.**

**This menu is subject to change based on available food items.**