

NOVEMBER 2022

East Bernstadt Independent School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Grilled Cheese/Soup
Sandwich, Chef Salad,
Baked Beans or Peas,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Bread
Var. of Milk

2
Little Caesars Pizza,
Sandwich,
Chef Salad,
Corn or Toss Salad,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Cookie
Var. of Milk

3
BBQ Sandwich,
Sandwich, Chef Salad,
Fries or Sweet Potatoes,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Bun
Var. of Milk

4
Crispy fish Nuggets
w/Corn Muffin,
Sandwich, Chef Salad,
Scalloped Potatoes, or
Pinto Beans,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
Var. of Milk

7
Chicken Nuggets,
Sandwich, Chef Salad,
Broccoli & Cheese or
Carrots,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Roll
Var. of Milk



9
Cheese or
Pepp. Pizza,
Sandwich, Chef Salad,
Corn or Toss Salad,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Crust
Var. of Milk

10
Hamburger or
Cheeseburger,
Sandwich, Chef Salad,
Fries or Sweet Potatoes,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Bun
Var. of Milk

11
Chicken Vegetable
Dumplings, Sandwich,
Chef Salad,
Fried Rice/w veg. or
Scalloped Potatoes
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Roll
Var of Milk

14
Chicken Tenders,
Sandwich, Chef Salad,
Broccoli & Cheese or
Carrots,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Roll
Var. of Milk

15
Spaghetti w/Meat
Sauce,
Sandwich, Chef Salad,
Baked Beans or Peas,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Toast
Var. of Milk

16
Little Caesars Pizza,
Sandwich,
Chef Salad,
Corn or Toss Salad,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Cookie
Var. of Milk

17
Hot Dog & Chili,
Sandwich,
Chef Salad,
Fries or Sweet Potatoes,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Bun
Var. of Milk

18
Chili/Chips/Cheese,
Sandwich, Taco Salad,
Green Beans or
Refried Beans,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
Baked Scoops
Var. of Milk

21
Chicken Bites
Sandwich, Chef Salad,
Broccoli & Cheese or
Carrots,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Roll
Var. of Milk

22
Turkey/Gravy & Stuffing
Sandwich, Chef Salad,
Mashed Pot., or Green
Beans,
Fruit cup, Fresh Fruit,
100% Fruit Juice
WG Roll
Var. of Milk

23
No School


24
No School


25
No School


28
Chicken Nuggets,
Sandwich, Chef Salad,
Broccoli & Cheese or
Carrots,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Roll
Var. of Milk

29
Corn Dog,
Sandwich, Chef Salad,
Baked Beans or Peas,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Cookie
Var. of Milk

30
Little Caesars Pizza,
Sandwich,
Chef Salad,
Corn or Toss Salad,
Fruit Cup, Fresh
Fruit,
100% Fruit Juice
Var. of Milk

Did you know?

The full moon in November
is traditionally called the
Beaver Moon in the US.

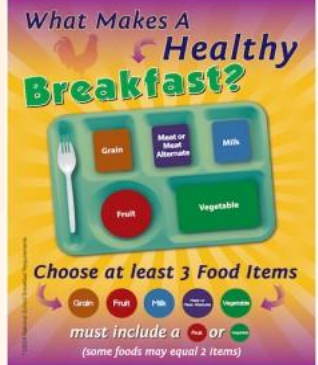
MENU SUBJECT TO
CHANGE School Breakfast
and Lunch Programs are
facing extreme difficulties
with the food supply chain
at this time. Menu changes
may occur without notice.

Elementary & Middle

Adults

Breakfast	\$0.00	\$3.00
Lunch	\$0.00	\$5.00

Students must choose $\frac{1}{2}$
cup fruit daily at breakfast
and $\frac{1}{2}$ cup fruit or $\frac{1}{2}$ cup
vegetable daily at lunch.



This institution is an equal
opportunity Provider.