

NOVEMBER 2009 Muscogee County Middle and High School Menus

| 11/02/09 | 11/03/09 | 11/04/09 | 11/05/09 | 11/06/09 |
|--|---|---|--|---|
| Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| Egg & Cheese Biscuit OR Cereal / Asst. Breakfast Selections Juice or Fruit Choice Milk Choice | Cinnamon Roll w/ Oatmeal OR Cereal / Asst. Breakfast Selections Juice or Fruit Choice Milk Choice | Ham Biscuit OR Cereal / Asst. Breakfast Selections Juice or Fruit Choice Milk Choice | Pancake Sausage on a Stick OR Cereal / Asst. Breakfast Selections Juice or Fruit Choice Milk Choice | Grits w/ sausage OR Cereal / Asst. Breakfast Selections Juice or Fruit Choice Milk Choice |
| Lunch | Lunch | Lunch | Lunch | Lunch |
| Chicken Filet Sandwich Steamed Broccoli Mixed Fruit Milk Choice | Spaghetti w/ Meat Sauce & Garlic bread Tossed Salad Peaches Milk Choice & Cake | Salisbury Steak w/ Roll Mashed Potatoes, Offer Gravy Fresh Fruit Milk choice | Fried or Baked Chicken w/ WW Roll Succotash (Corn and Lima Beans) Fresh Fruit Milk choice | Hot Dog/ Chili Dog w/ Bun French Fries Pears Milk choice |
| LITE BITE SERVED W/ MILK | LITE BITE SERVED W/ MILK | LITE BITE SERVED W/ MILK | LITE BITE SERVED W/ MILK | LITE BITE SERVED W/ MILK |
| Ham Wrap | Chef Salad w/Turkey | Chef Salad w/ Chicken Patty | Chef Salad w/ Ham | Loaded Potato, Chili, Pears, & Crackers |
| SPECIALTY ENTRÉE w/ MILK | SPECIALTY ENTRÉE w/ MILK | SPECIALTY ENTRÉE w/ MILK | SPECIALTY ENTRÉE w/ MILK | SPECIALTY ENTRÉE w/ MILK |
| Pizza Wedge | Hoagie Meal | Pizza Wedge | Hoagie Meal | Pizza Wedge |
| After School Snack | After School Snack | After School Snack | After School Snack | After School Snack |
| Cheddar Goldfish & Juice | Vanilla Crème Cookies & Milk | Apple Fruit Delight & Juice | Multigrain Sun Chips & Juice | Pretzels & Juice |
| 11/09/09 | 11/10/09 | 11/11/09 | 11/12/09 | 11/13/09 |
| Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| Sausage Biscuit or Cereal / Asst. Breakfast Selections Juice or Fruit Choice Milk Choice | Breakfast Muffin w/ Sausage OR Cereal / Asst. Breakfast Selections Juice or Fruit Choice Milk Choice | No School | Hard Boiled Egg & Toast w/ Jelly OR Cereal / Asst. Breakfast Selections Juice or Fruit Choice Milk Choice | Cheese Grits w/ sausage OR Cereal / Asst. Breakfast Selections Juice or Fruit Choice Milk Choice |
| Lunch | Lunch | Lunch | Lunch | Lunch |
| Chicken Nuggets w/ Roll Mashed Potatoes Spiced Peaches Milk Choice | Lasagna w/ Breadstick Tossed Salad Fresh Fruit Milk Choice | No School | Baked or Fried Chicken w/ Cornbread, Offer Rice and Gravy Glazed Carrots Diced Pears Milk Choice | Hamburger on Bun French Fries Mixed Fruit Milk choice & Cookie |
| LITE BITE SERVED W/ MILK | LITE BITE SERVED W/ MILK | LITE BITE SERVED W/ MILK | LITE BITE SERVED W/ MILK | LITE BITE SERVED W/ MILK |
| Turkey Wrap | Chef Salad W/ Chicken Patty | | Chef Salad w/ Ham | Tuna Salad |
| SPECIALTY ENTRÉE w/ MILK | SPECIALTY ENTRÉE w/ MILK | SPECIALTY ENTRÉE w/ MILK | SPECIALTY ENTRÉE w/ MILK | SPECIALTY ENTRÉE w/ MILK |
| Pizza Wedge | Hoagie Meal | | Hoagie Meal | Pizza Wedge |
| After School Snack | After School Snack | After School Snack | After School Snack | After School Snack |
| Graham Crackers & Juice | Cereal & Milk | | Cheese Crackers w/ PB & Juice | Nacho Cheese Doritos & Juice |

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| 11/16/09 | 11/17/09 | 11/18/09 | 11/19/09 | 11/20/09 |
|--|--|--|--|--|
| Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| Egg & Cheese Biscuit OR Cereal / Asst. Breakfast Selections Juice or Fruit Choice Milk Choice | Cinnamon Roll w/ Oatmeal OR Cereal / Asst. Breakfast Selections Juice or Fruit Choice Milk Choice | Manager's Breakfast Choice OR Cereal / Asst. Breakfast Selections Juice or Fruit Choice Milk Choice | Manager's Breakfast Choice OR Cereal / Asst. Breakfast Selections Juice or Fruit Choice Milk Choice | Manager's Breakfast Choice OR Cereal / Asst. Breakfast Selections Juice or Fruit Choice Milk Choice |
| Lunch | Lunch | Lunch | Thanksgiving Meal | Lunch |
| Chicken Patty on Bun Peas & Carrots Fresh Fruit Milk Choice | Rib-B-Que on Bun Baked Beans Mandarin Oranges Milk Choice | Fish Patty on Bun Corn Cobbette Peaches Milk Choice | Turkey slices w/ Gravy & Cranberry Sauce OR Chicken Nuggets Cornbread Dressing & Roll Sweet Potatoes Green Beans Milk Choice Holiday Dessert | Manager's Entree & Bread Choice Manager's Veggie Choice Manager's Fruit Choice Milk Choice |
| LITE BITE SERVED W/ MILK | LITE BITE SERVED W/ MILK | LITE BITE SERVED W/ MILK | | LITE BITE SERVED W/ MILK |
| Manager's Choice | Manager's Choice | Manager's Choice | | Manager's Choice |
| SPECIALTY ENTRÉE w/ MILK | SPECIALTY ENTRÉE w/ MILK | SPECIALTY ENTRÉE w/ MILK | | SPECIALTY ENTRÉE w/ MILK |
| Pizza Wedge | Hoagie Meal | Pizza Wedge | | Pizza Wedge |
| After School Snack | After School Snack | After School Snack | After School Snack | After School Snack |
| Pop Tart & Juice | Giant Goldfish Graham & Milk | Strawberry Fruit Delight & Juice | Cheese Crackers w/ cheese filling & Juice | Oatmeal Crème Cookies & Milk |
| 11/23/09 | 11/24/09 | 11/25/09 | 11/26/09 | 11/27/09 |
| Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| No School | No School | No School | No School | No School |
| Lunch | Lunch | Lunch | Lunch | Lunch |
| No School | No School | No School | No School | No School |
| LITE BITE SERVED W/ MILK | LITE BITE SERVED W/ MILK | LITE BITE SERVED W/ MILK | LITE BITE SERVED W/ MILK | LITE BITE SERVED W/ MILK |
| | | | | |
| SPECIALTY ENTRÉE w/ MILK | SPECIALTY ENTRÉE w/ MILK | SPECIALTY ENTRÉE w/ MILK | SPECIALTY ENTRÉE w/ MILK | SPECIALTY ENTRÉE w/ MILK |
| | | | | |
| After School Snack | After School Snack | After School Snack | After School Snack | After School Snack |
| | | | | |
| 11/30/09 | | | | |
| Breakfast | | | | |
| Sausage Biscuit or Cereal / Asst. Breakfast Selections Juice or Fruit Choice Milk Choice | | | | |
| Lunch | | | | |
| Chicken Filet on Bun Peas & Carrots Fresh Fruit Milk Choice | | | | |
| LITE BITE SERVED W/ MILK | | | | |
| Ham Wrap | | | | |
| SPECIALTY ENTRÉE w/ MILK | | | | |
| Pizza Wedge | | | | |
| After School Snack | | | | |
| Cool Ranch Doritos Chips & Juice | | | | |