

Meal Prices:

Breakfast:

Student—\$1.90

Adult—\$2.25

NOVEMBER

Meal Prices:

Lunch:

Student—\$2.85

Adult—\$3.75

Ala Carte:

Milk/Juice \$.50

FREE AND REDUCED APPLICATIONS CAN BE FOUND AND SUBMITTED SECURELY ONLINE AT:

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AND SIGN UP FOR LOW BALANCE NOTICES**

2019 BREAKFAST STURGIS/WHITEWOOD/PIEDMONT/MIDDLE SCHOOL

BREAKFAST INCLUDES DAILY: FRUIT, JUICE AND A VARIETY OF MILK **YOGURT, CEREAL, BAGEL AND TOAST OFFERED AS DAILY ENTREES**

28 A: Cheese Omelet & Toast B: Long John	29 A: French Toast Sticks B: Breakfast Pizza	30 A: Scrambled Eggs & Toast B: Cinnamon Bread	31 A: Biscuit & Gravy B: Chef's Choice	1 NO SCHOOL
4 A: Egg & Cheese Biscuit B: Banana Bread	5 A: Cheese Omelet, Sausage & Toast B: Mini Pancakes	6 A: Cinnamon & Sugar Toast B: Pancake on a Stick	7 A: Cinnamon Roll B: Breakfast Pizza	8 A: Cheesy Eggs & Toast B: Cinnamon Bread
11 A: Waffles B: Egg & Cheese Biscuit	12 A: Cheesy Eggs & Toast B: Long John	13 A: Flavored Muffin B: Cheese Omelet & Toast	14 A: Yogurt Parfait B: Choc. Chip Oatmeal Breakfast Bar	15 A: Smoothie B: Scones
18 A: Cinnamon Sugar Toast B: Scrambled Eggs & Toast	19 A: Cheese Omelet & Toast B: Banana Bread	20 A: Cinnamon Bread B: Yogurt Banana Split	21 A: Egg & Cheese Biscuit B: Long John	22 A: Waffles B: Breakfast Wrap
25 A: Cheese Omelet & Toast B: Long John	26 A: French Toast Sticks B: Breakfast Pizza	27 THANKSGIVING BREAK	28 THANKSGIVING BREAK	29 THANKSGIVING BREAK

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2019 LUNCH STURGIS/WHITEWOOD/PIEDMONT ELEMENTARY/MIDDLE SCHOOLS

Grab’N’Go Sandwich and Salad Choices offered Daily, along with Milk and Fruit.

28 Hamburger Deluxe or Chicken Patty Sandwich with Lettuce, Tomato, and Baked Beans	29 Cheese Steak Sandwich or Cheesy Hot Dog With Deli Roast Potatoes and Steamed Carrots	30 <i>PASTA DAY</i> Choices: Chicken Alfredo or Meatballs and Marinara over Pasta With Fresh Spinach Salad, Carrots, and a Breadstick	31 Chicken Drumstick or Corn Dog With Macaroni and Cheese and Steamed Peas <i>Halloween</i>	1 NO SCHOOL
4 Potato Crunch Fish Nuggets or Chicken Nuggets with Fries, T-Roll, Fresh Spinach Salad, and a Sugar Cookie	5 <i>SUPER NACHOS</i> BEEF or CHICKEN With Chips, Lettuce, Tomato, Refried Beans, Nacho Cheese, Salsa, and a Cinnamon Sugar Breadstick <i>Election Day</i>	6 Popcorn Chicken or Country-Fried Steak with Mashed Potatoes, Country Gravy, Steamed Broccoli, T-Roll and Butter	7 Teriyaki Chicken or Tangerine Chicken with Stir Fry Vegetables over Steamed Rice, Baby Carrots and Oranges, and a Fortune Cookie	8 Cheese Pizza or Calzone with Marinara Sauce With Tossed Salad and Fresh Veggies, Ranch, and a Fruit Slushie
11 Mr. Rib Sandwich or Chicken Patty Sandwich with Potato Smiles and Cheesy Broccoli <i>Veteran’s Day</i>	12 <i>PASTA DAY</i> Choices: Chicken Alfredo or Meatballs and Marinara over Pasta With Fresh Spinach Salad, Carrots, and a Breadstick	13 Mini Corn Dogs or Chicken Strips With Mashed Potatoes and Gravy, Steamed Carrots and a T-Roll and Butter (SWMS @ Ft. Meade—Hot Dog, Baked Beans, Coleslaw, Applesauce and Rice Krispie Treats)	14 <i>WALKING TACO</i> BEEF or CHICKEN with Chips, Lettuce, Cheese, Tomato, Refried Beans, Salsa, and a Cinnamon Bread Stick	15 Bacon Cheese- burger with Lettuce and Tomato, Fries, and Green Beans
18 Grilled Cheese Sandwich with Tomato Soup or Chicken Noodle Soup Served with Tossed Salad and Fresh Veggies and Ranch	19 Popcorn Chicken or Country-Fried Steak with Mashed Potatoes, Country Gravy, Steamed Broccoli, T-Roll and Butter	20 Hamburger Deluxe or Chicken Patty Sandwich with Lettuce, Tomato, and Baked Beans	21 Chicken Strips & Waffles with Potato Rounds, Carrots and Oranges <i>World Hello Day</i>	22 Cheese Pizza or Calzone with Marinara Sauce With Tossed Salad and Fresh Veggies, Ranch, and a Fruit Slushie
25 Mini Corn Dogs or Chicken Strips With Cheesy Peas, Potato Smiles, and a T-Roll and Butter	26 <i>GRAB BAG LUNCH</i> Choice of Sandwiches and Chips, Veggies and Ranch, Fruit Cups and Rice Krispie Treats!	27	28	29
THANKSGIVING BREAK				