

Breakfast Served:
8:00 a.m. at **BOTH**
Elementary and
Jr-Sr High School

SIGOURNEY COMMUNITY SCHOOLS

Breakfast and Lunch Menu - NOVEMBER 2011

SCSD is an equal opportunity
provider and employer.
*Menu is subject to change
without notice.*

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereal is a breakfast alternative. Milk choices are offered with breakfast and lunch. 100% juice or fruit is offered with breakfast. Alt Lunch: Deli Sub		November 1 Long John ----- Chicken Patty, WG Bun, Broccoli & Cheese Sauce, Jell-O, Apple	November 2 Sausage Gravy & Biscuits ----- Cooks Choice	November 3 Breakfast Pizza ----- Tomato Soup, (Alt: Chicken Noodle), Crackers, Toasted Cheese Sandwich, Carrots & Dip, Pears	November 4 Mini Pancakes ----- Roast Pork on Bun, Romaine Salad, Applesauce, Rice Krispie Bar
Salad is offered as an alternative for grades 5-12. Alternative Lunch: Hamburger on WG Bun	November 7 NO SCHOOL	November 8 Breakfast Bar, WW Toast ----- French Toast Stix, Little Smokies, Hash Browns, Mixed Fruit	November 9 Egg Omelet, Cinnamon Toast ----- Crispitos, Tate Tots, Vegetable, Pineapple	November 10 Cooks Choice ----- Popcorn Chicken, Tossed Salad, Mandarin Oranges, Blueberry Muffin	November 11 Asst. Cereal or Oatmeal, Donut Holes ----- Turkey Roast, Whipped Potatoes with Gravy, Green Beans, Pumpkin Custard, WG Roll
Alternative Lunch: Hot Ham on WG Bun	November 14 Sausage Biscuit ----- Hamburger, WG Bun, Oven Fries, Strawberries	November 15 Breakfast Stix ----- Chicken, Vegetable, Fruit, Cinnamon Rolls	November 16 Yogurt, Cinnamon Roll ----- Meatball Sub, WG Bun, Buttered Pasta, Peas, Cherries	November 17 Long John ----- Pizza (School Made) Corn, Rosy Applesauce, Dessert	November 18 Scrambled Eggs & Ham, Cinnamon Toast ----- Rib Patty, WG Bun, Rice Pilaf, Lettuce Salad with Spinach, Orange 1/2
No Alternative Lunch	November 21 Eggs & Potatoes ----- Deli Ham & Cheese Sub, Pickle Spear, Frito's, Corn or Corn Mac, Applesauce	November 22 Fr. Toast & Little Smokies ----- Tacos, (lettuce, cheese & tomatoes), Refried Beans, Blushing Pears, Cinnamon Bread Stix	November 23 Breakfast Wrap ----- Chicken Nuggets, Whipped Potatoes, Mixed Fruit, Dessert	November 24 NO SCHOOL	November 25 NO SCHOOL
Alternative Lunch: Deli Sub	November 28 Cooks Choice ----- Cooks Choice	November 29 Breakfast Pizza ----- Ravioli, Tossed Salad, Peaches, French Bread	November 30 Fruit & Yogurt Parfait ----- Hot Ham, WG Bun, Cottage Cheese, Baked Beans, Pineapple		Note: WG Indicates a healthy whole grain food.