

- 2023 -

NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Junior/Senior High School

Free Meals for all!!

This Intuition is an Equal Opportunity Provider and Employer. Served with every meal, choice of:

Nov.06-10 Ham & Cheese Sandwich

Nov.13-17 Bologna Sandwich

Nov.20-24 Turkey & Cheese Sandwich

Nov.27-Dec.1 Mixed Sub

Daily:

PBJ

Mon., & Wed.: Garden Salad & Club Pack

Wednesday: Tiger pack

Tuesday & Thursday: Chicken Pattie on a bun

Milk

FF Choc. .55

1% White .55

PLEASE NOTE: THERE IS NO CHARGING OF ANY ALACARTE ITEMS. Use myschoolbucks.com

To add money to students acct.

Any questions Contact Pat Metzler

518-794-7600, opt. 2, opt. 7

6 Breakfast
Warm Muffins
Fruit & Juice
Lunch
Pasta w/ Marinara
Tossed Salad
Fruit

7 No School
Don't forget to vote!

8 Breakfast
Hot Breakfast
Fruit & Juice
Lunch
Buffalo or BBQ Chicken
Wrap & Green Beans
Fruit

9 Breakfast
Bagel w/CC
Fruit & Juice
Lunch
Chili Baked Potato
Sweet Corn
Fruit

10 Veteran's Day
Thank you for your service

13 Breakfast
Warm Muffins
Fruit & Juice
Lunch
Chicken tortilla soup w/
Cheese quesadilla
Veggie & Fruit

14 Breakfast
Bagel w/CC
Fruit & Juice
Lunch
Chicken Bacon Ranch Pasta
Sweet Corn & Fruit

15 Breakfast
Hot Breakfast
Fruit & Juice
Lunch
Hot Dog on a Bun
French Fries
Fruit

16 Breakfast
Bagel w/CC
Fruit & Juice
Lunch
Roasted Turkey
Mashed potatoes
Sweet Potato Bake & Fruit

17 Breakfast
Pop Tart w/cheese stk.
Fruit & Juice
Lunch
Cheese Pizza
Spinach
Fruit

20 Breakfast
Warm Muffins
Fruit & Juice
Lunch
White Chicken Chili
Brown Rice & Veggie
Fruit

21 Breakfast
Bagel w/CC
Fruit & Juice
Lunch
Taco Pasta
Seasoned Black Beans
Sweet Corn & Fruit

22 No School

23 Happy Thanksgiving

24 No School

27 Breakfast
Warm Muffins
Fruit & Juice
Lunch
Sloppy Joe on a Bun
Brown Rice & Corn
Fruit

28 Breakfast
Bagel w/CC
Fruit & Juice
Lunch
Taco Nacho
Veggie beans
Fruit

29 Breakfast
Hot Breakfast
Fruit & Juice
Lunch
Ham & Cheese on a Bagel
Steamed Broccoli
Fruit

30 Breakfast
Bagel w/CC
Fruit & Juice
Lunch
Mac n' Cheese
Cooked Carrots
Fruit