

**PARKVIEW JR. HIGH SCHOOL B'FAST AND LUNCH MENUS
FOR THE WEEK OF NOVEMBER 6, 2023**

MONDAY, NOVEMBER 6, 2023:

B'fast: B'fast Burrito
Cereal, Juice, Fruit, Toast, Milk
Lunch: A Entree: Chicken Pot Pie-21g
B Entree: Salad Bar
Cottage Cheese-2.5g
Candied Carrots-5.33g
Buttered Peas-17.3g
Fruit
Slice of Bread-13.5g

TUESDAY, NOVEMBER 7, 2023:

B'fast: Fruit Smoothie-41.15g
Cereal, Juice, Fruit, Toast, Milk
Lunch: A Entree: Grilled Cheese Sandwich-46g
B Entree: Grilled Ham and Cheese Sandwich-46g
Potato Smiles
Celery Sticks w/Sun Butter Dip-9.2g
Fruit
Brownie Sundae-29g

WEDNESDAY, NOVEMBER 8, 2023:

B'fast: Bacon, Egg and Cheese Biscuit-28g
Cereal, Juice, Fruit, Toast, Milk
Lunch: A Entree: Cheeseburger on WG Bun-30g
B Entree: Salad Bar
Oven Potatoes-FF-14g, Tots-20g, Pw-20g
Fruit
Teddy Grahams-16g

THURSDAY, NOVEMBER 9, 2023:

B'fast: French Toast Sticks w/Syrup-55g/35g
Cereal, Juice, Fruit, Toast, Milk
Lunch: A Entree: Taco Meat in Edible Bowl-34g
B Entree: Chicken Fajita Meat in Edible Bowl-27.13g
Lettuce and Cheese-2.5g
Cheesy Refried Beans-24g
Fruit
Round Chips w/Salsa and Sour Cream-7.8g/4.5g/3.76g

FRIDAY, NOVEMBER 10, 2023:

B'fast: Pop-Tart
Cereal, Juice, Fruit, Toast, Milk
Lunch: A Entree: Country Fried Steak w/Gravy-14g
B Entree: Chicken Parmigiana-24g
Mashed Potatoes-38g
Buttered California Blend-6.41g
Rosy Applesauce-24g
Dinner Roll -22g

MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTIFICATION DUE TO FOOD SHORTAGES/OUTAGES!!!

**PARKVIEW JR. HIGH SCHOOL B'FAST AND LUNCH MENUS
FOR THE WEEK OF NOVEMBER 13, 2023**

MONDAY, NOVEMBER 13, 2023:

B'fast: Scrambled Eggs, Hash Brown 3.63g/20.25g
Cereal, Juice, Fruit, Toast, Milk
Lunch: A Entree: Vegetable Beef Soup-14g
B Entree: Salad Bar
Sunbutter and Jelly Sandwich-66g
Raw Carrots w/Dip-13g
Broccoli Florets 1.8g
Apple-30g
Crackers-9g (4)

TUESDAY, NOVEMBER 14, 2023:

B'fast: Choc.or Powdered Doughnut Holes-41g
Cereal, Juice, Fruit, Toast, Milk
Lunch: A Entree: Fish Nuggets-40g
B Entree: Corn Dog-27g
Oven Potatoes-FF-14g, tots-20g, PW-20g
Baked Beans-22g
Fruit
Garlic Bread Stick-17g

WEDNESDAY, NOVEMBER 15, 2023:

B'fast: Berry Crunch Parfait-24g
Cereal, Juice, Fruit, Toast, Milk
Lunch: A Entree: Pepperoni Calzone-32g
B Entree: Salad Bar
Side Salad w/Carrots, Tomatoes, Cheese and Dressing-5.54g
Celery Sticks-1.5g
Orange Slice-11g
Doritos-18g

THURSDAY, NOVEMBER 16, 2023:

B'fast: Pop-Tart
Cereal, Juice, Fruit, Toast, Milk
Lunch: A Entree: Chicken Nuggets-25.6g
B Entree: Pork Parmigiana-19g
Cheesy Potatoes-24g
Buttered Green Beans-4g
Fruit
Slice of Bread-13.5g

FRIDAY, NOVEMBER 17, 2023:

B'fast: Cereal Blast Waffle w/Syrup-???
Cereal, Juice, Fruit, Toast, Milk
Lunch: A Entree: Baked Spaghetti-21g
B Entree: Chicken Parmigiana-24g
Cheesy California Blend-6.89g
Buttered Peas-17.3g
Fruit
Garlic Toast-19g

MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTIFICATION DUE TO FOOD SHORTAGES/OUTAGES!!!

**PARKVIEW JR. HIGH SCHOOL B'FAST AND LUNCH MENUS
FOR THE WEEK OF NOVEMBER 20, 2023**

MONDAY, NOVEMBER 20, 2023:

B'fast: Biscuit and Sausage Gravy-37g
Cereal, Juice, Fruit, Toast, Milk
Lunch: A Entree Only: Homemade Chicken and Noodles-24.2g
Mashed Potatoes-38g
Green Bean Casserole-???
Rosy Applesauce-24g
Dinner Roll-22g
Pumpkin Mousse Dessert-16g

TUESDAY, NOVEMBER 21, 2023:

B'fast: Fruit Smoothie, Hash Brown-41.15g/20.25g
Cereal, Juice, Fruit, Toast, Milk
Lunch: All Beef Hot Dog on WG Bun-23g
Oven Potatoes-FF-14g, Tots-20g, PW-20g
Fruit
Pudding-C-21.75g, V-26g

WEDNESDAY, NOVEMBER 22, 2023:

**NO SCHOOL
THANKSGIVING BREAK**

THURSDAY, NOVEMBER 23, 2023:

**NO SCHOOL
THANKSGIVING DAY**

FRIDAY, NOVEMBER 24, 2023:

**NO SCHOOL
THANKSGIVING BREAK**

MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTIFICATION DUE TO FOOD SHORTAGES/OUTAGES!!!

**PARKVIEW JR. HIGH SCHOOL B'FAST AND LUNCH MENUS
FOR THE WEEK OF NOVEMBER 27, 2023**

MONDAY, NOVEMBER 27, 2023:

B'fast: Pop-Tart
Cereal, Juice, Fruit, Toast, Milk
Lunch: A Entree: Salisbury Steak w/Brown Gravy-6.8g
B Entree: Salad Bar
Mashed Potatoes-38g
Candied Carrots-5.33g
Fruit
Slice of Bread-13.5g

TUESDAY, NOVEMBER 28, 2023:

B'fast: Bacon, Egg and Cheese Biscuit-28g
Cereal, Juice, Fruit, Toast, Milk
Lunch: A Entree: BBQ Chicken Pizza-37g
B Entree: Baked Ravioli-24.75g
Side Salad w/Dressing3.54g
Celery Sticks-1.5g
Fruit
Doritos-18g

WEDNESDAY, NOVEMBER 29, 2023:

B'fast: Glazed Doughnuts-35g
Cereal, Juice, Fruit, Toast, Milk
Lunch: A Entree: Coney on WG Bun-25g
B Entree: Salad Bar
Oven Potatoes-FF-14g, Tots-20g, PW-20g
Fruit
Iced Graham Cracker-22g

THURSDAY, NOVEMBER 30, 2023:

B'fast: Banana Bread, Hash Brown-?/20.25g
Cereal, Juice, Fruit, Toast, Milk
Lunch: A Entree: Nacho Supreme-4.5g
B Entree: Chicken Fajita-
Lettuce and Cheese2.5g
Cheesy Refried Beans-24g
Fruit
Corn Chips w/Salsa and Sour Cream-16g/4.5g/3.76g

FRIDAY, DECEMBER 1, 2023:

B'fast: Biscuit and Sausage Gravy-37g
Cereal, Juice, Fruit, Toast, Milk
Lunch: A Entree: Pulled Pork on WG Bun-27g
B Entree: Corn Dog-27g
Cheesy Potatoes-24g
Buttered California Blend-6.41g
Fruit
Fruit Snacks-???