

Sunburst School Menus-November 2023

Mon	Tue	Wed	Thu	Fri
All breakfasts are served with fruit, juice & milk. All lunches offer	The Salad Bar is offered daily for lunch and includes a variety of fresh fruits, vegetables, and specialty salads	1 B-Muffins L-Ham & Potato Hot Dish w/ Corn	2 B-Cinnamon Rolls L-Chicken Patties on a Bun & French Fries	3 NO SCHOOL Parent-Teacher Conferences
6 B-Breakfast Bars L-Burritos w/ Chili & Cheese & Assorted Toppings	7 B-Sausage, Egg, Hash Brown Hot Dish L-Spaghetti W/ Meat Sauce & Breadsticks	8 B-Blueberry Scones L-Chicken Fajitas w/ Assorted Toppings	9 B-Waffles L-Taco in a Bag w/ assorted toppings	10 B-ELEM: Oatmeal w/ Toast HS: Cook's Choice L-Ham & Cheese Sandwiches & Chips
13 B-Cereal & ww Toast L-Chicken Nuggets, Sweet & Sour, & Fries	14 B-French Toast Hot Dish L-Tater Tot Hot Dish	15 B-ELEM: Pancakes HS: Parfaits/Pancakes L-Chili Dogs & Chips	16 B-Breakfast Burrito L-Lasagna & French Bread	17 B-Maple Bars L-Chicken & Rice Hot Dish with Homemade Rolls & Green Beans
20 B-Cowboy Breakfast Cake L-Hamburgers on a Bun, Baked Beans & chips	21 B-Breakfast Sandwiches L-22 Thanksgiving Dinner Ham, Mashed Potatoes, Corn & Gravy	22 NO SCHOOL Thanksgiving Break	23 NO SCHOOL Thanksgiving Break	24 NO SCHOOL Thanksgiving Break
27 B-Apple Studel L-Chicken Quesadillas, Spanish Rice & Assorted Toppings	28 B-Pancake on a Stick L-Beefy Mac & Cheese w/ Peas	29 B-Banana/Choc Chip Breakfast Cake L-Hard Shell Tacos w/ Lettuce, Tomato & Shredded Cheese	30 B-Bagels L-Salisbury Steak Dinner	Due to product shortages, please give us grace if the menu has to change last minute.



Apples with Almond Butter Dip (4 servings)

1/2 cup almond butter

1 Tbsp honey

4 apples, cored and sliced

1/2 cup almond milk

1 tsp cinnamon

Mix together almond butter, milk, honey, and cinnamon. Serve with apple slices.

Source: "Jules du Jour" blog