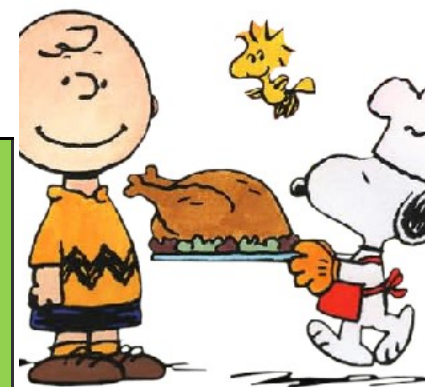


**\*\* Low Fat Milk Served Daily \*\***

# Opal November 2023 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>**A salad bar with fruits and veggies is available daily**</b>		<b>1</b> Chickenburger on a bun Chili Fruit	<b>2</b> Macaroni & cheese Peas Fresh bread Fruit	<b>3</b> Pizza Salad Fruit
<b>6</b> Hamburger on a bun Baked beans Fruit	<b>7</b> Deli turkey Sandwich Pretzels Fruit	<b>8</b> Chickenburger on a bun Carrots Fruit	<b>9</b> Breakfast for lunch! Pancakes Scrambled egg Fruit, Juice	<b>10</b> <b><i>Veteran's Day</i></b>  <b><i>No School</i></b>
<b>13</b> Chicken soup Breadsticks Fruit	<b>14</b> Tacos with cheese Corn, Salsa Black beans Pineapple	<b>15</b> Chickenburger on a bun Macaroni salad Fruit	<b>16</b> Turkey dinner Mashed potato Gravy Fruit, Vegetable Fresh baked roll	<b>17</b> Pizza Salad Fruit
<b>20</b> Hamburger on a bun Baked beans Fruit	<b>21</b> Meatball sub Sandwich Carrots Fruit	<b>22</b> <b><i>Teacher Workshop Day</i></b>  <b><i>No School</i></b>	<b>23</b> <b><i>Thanksgiving Day</i></b>  <b><i>No School</i></b>	<b>24</b> <b><i>Vacation Day</i></b>
<b>27</b> Chicken pie with a biscuit Fruit	<b>28</b> Spanish rice Fresh baked roll Fruit	<b>29</b> Chickenburger on a bun Chili Fruit	<b>30</b> Spaghetti with meat sauce Coleslaw Fruit Fresh bread	<b>1</b> Pizza Salad Fruit

## Dates to remember:

Nov 10 Veteran's Day/  
No school  
Nov 22-24 Thanksgiving  
Break /No School

## Breakfast:

Monday Cereal & cheese  
stick  
Tuesday Poptart or cereal bar  
Wednesday Muffin & gogurt  
Thursday Cinnamon roll or  
honeybun  
Friday Cereal & cheese  
stick

***A PBJ sandwich will be  
offered daily as an  
optional lunch choice.***

***\*\*Menu subject to  
change without notice\*\****

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