



# Lion's Den Café – November 2019 – Breakfast Menu

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
6	<p><b>Beverages offered daily:</b> Fat Free Chocolate milk 1% milk bottled water</p> 	<p><b>**Please note: this menu is subject to change without notice**</b></p> <p><b><i>This institution is an equal opportunity provider</i></b></p>			<p>1 mini pancakes &amp; sausage or cereal  craisins juice</p>	2
3  1	<p>4 muffin or cereal  apple slices juice</p>	<p>5 cinnamon Texas toast &amp; sausage or cereal  pear cup juice</p>	<p>6 Sweet bread &amp; gogurt cereal  Craisins juice</p>	<p>7 fruit smoothie &amp; crackers or cereal  sour raisels juice</p>	<p>8 <b>ELEMENTARY STUDENTS</b> bagged cinn.roll, crackers, fruit to eat in classroom <b>MIDDLE SCHOOL STUDENTS</b> cinnamon roll, crackers, fruit</p>	9
10  2	<p>11 mini donuts &amp; gogurt or cereal  apple slices juice</p>	<p>12 bagel &amp; sausage or cereal  banana juice</p>	<p>13 Poptart &amp; gogurt or cereal  fresh pear juice</p>	<p>14 apple or cherry Frudel or cereal  mandarin orange cup juice</p>	<p>15 waffles &amp; sausage or cereal  peach cup juice</p>	16
17  3	<p>18 cinnamon crumb square or cereal  apple slices juice</p>	<p>19 berries and cream pastry or cereal  banana juice</p>	<p>20 frosted scones &amp; gogurt or cereal  fresh pear juice</p>	<p>21 cinnamon roll &amp; crackers or cereal  mandarin orange cup juice</p>	<p>22 mini pancakes &amp; sausage or cereal  sour raisels juice</p>	23
24  4	<p>25 stuffed bagels &amp; gogurt cereal  apple slices juice</p>	<p>26 cinnamon Texas toast &amp; sausage or cereal  banana juice</p>	<p>27 <b>THANKSGIVING BREAK</b>  <b>NO SCHOOL</b></p>	<p>28 </p>	<p>29 <b>THANKSGIVING BREAK</b>  <b>NO SCHOOL</b></p> 	30

# Lion's Den Café – November 2019 – Lunch Menu

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
6	<b>Beverages offered daily:</b> Fat Free Chocolate milk 1% milk bottled water 	**Please note: this menu is subject to change without notice**  <b><i>This Institution is an equal                      opportunity provider</i></b>			1	2
3	4	5	6	7	8	9
1	<b>Beef Stroganoff</b> <b>Chef Salad w/roll</b> peaches side salad w/tomatoes & ranch celery stick w/ranch	<b>Soft Taco or                      Ranch Melt</b> tropical fruit cocktail sugar peas w/ranch refried beans	<b>French Toast Sticks</b> <b>NEW!!! Chocolate Chip Pancake</b> frozen fruit cup later tots cucumber slices w/ranch	<b>Rib B Que or                      Chicken Fillet</b> applesauce cup baby carrots w/ranch french fries	<b>VETERANS DAY ASSEMBLY                      ELEMENTARY STUDENTS                      PRE-ORDERED sack lunch or home lunch                      MIDDLE SCHOOL STUDENTS                      pizza rippers, fruit, veggie, cookie</b>	
10	11	12	13	14	15	16
2	<b>Spiral spaghetti w/roll or                      Chicken Caesar Salad w/roll</b> peaches steamed peas side salad w/tomatoes & ranch	<b>Cheese Melt or                      Chicken Noodle Soup w/crackers</b> mandarin oranges cucumber slices w/ranch steamed Normandy veg	<b>Chicken Dippers or                      New!! Pot Roast w/potatoes &amp; roll</b> fresh fruit salad sugar peas w/ranch steamed carrots	<b>Taco soup w/Fritos                      Sloppy Joe Sandwich</b> peaches celery sticks w/ranch steamed corn	<b>Chicken Nuggets or                      Hamburger</b> frozen fruit cup baby carrots w/ranch baked beans/ pudding cup	
17	18	19	20	21	22	23
3	<b>NEW!!! Sweet and Sour Meatballs</b> <b>Taco Salad w/Fritos</b> diced mango refried beans & cheese side salad w/tomatoes & ranch	<b>Chicken Pot Pie or                      Pulled Pork Sandwich</b> fresh apple halves sugar peas w/ranch steamed Normandy veg	<b>Chicken Alfredo or                      French Dip</b> pears fresh orange wedges steamed broccoli	<b>Chicken Fried Steak</b> dinner roll cantalope mashed potatoes & gravy celery sticks w/ranch	<b>Corn Dog or                      Chicken Sandwich</b> strawberries baby carrots w/ranch baked beans	
24	25	26	27	28	29	30
4	<b>THANKSGIVING DINNER!!</b> <b>Turkey Mashed Potato Bowl w/roll or</b> grapes steamed carrots pumpkin pie	<b>Pepperoni Pizza Ripper or                      Cheese Pizza Ripper</b> pears steamed broccoli cookie	<b>THANKSGIVING BREAK</b>  <b>NO SCHOOL</b>		<b>THANKSGIVING BREAK</b>  <b>NO SCHOOL</b>	