

BROKEN ARROW ELEMENTARY SCHOOLS – NOVEMBER 16-20, 2009

WEEK # 1	MONDAY November 16	TUESDAY November 17	WEDNESDAY November 18	THURSDAY November 19	FRIDAY November 20
Break	Strawberries Breakfast Round OR Cinnamon Toast Crunch Whole Wheat Toast Milk	Peaches Egg Omelet Whole Wheat Toast OR Cocoa Puffs RS Whole Wheat Toast Milk	Blackberries Breakfast Pizza OR Honey Nut Cheerios Whole Wheat Toast Milk	Mixed Fruit Biscuit w/Sausage Gravy OR Frosted Flakes Whole Wheat Toast Milk	Juice Blueberry Square Yogurt OR Fruity Cheerios Blueberry Square Milk
K-1	Spaghetti Rings Garlic Toast OR Turkey & Cheese Sandwich Mixed Raw Veggies w/Ranch Pineapple Milk	Yogurt Parfait Green Salad Whole Wheat Roll (7043) OR Cheese Stix w/Dipping Sauce Berry Blend Green Salad Milk	Chicken Nuggets OR Meatloaf Mashed Potatoes w/Gravy Green Beans Applesauce Whole Wheat Roll Milk	Super Nachos OR Chicken Filet Sandwich Refried Beans Strawberries Milk	NOVEMBER BIRTHDAYS Hamburger/Cheeseburger Baked Beans Baked Fries Mandarin Oranges Catsup Milk
2-5	Spaghetti Rings w/Garlic Toast OR Turkey & Cheese Sandwich Steamed Broccoli, Green Salad, Mixed Raw Veggies, Ranch Leaf Lettuce/Tomatoes/ Pineapple Mustard/Mayo Milk & Juice	Yogurt Parfait Whole Wheat Roll OR Cheese Stix w/Dipping Sauce Corn on the Cob, Green Salad, Baby Carrots, Ranch Dressing Berry Blend Milk & Juice	Chicken Nuggets, Mashed Potatoes, Gravy, Whole Wheat Roll OR Meatloaf, Mashed Potatoes, Gravy, Whole Wheat Roll Green Beans, Garden Salad, Ranch, Zucchini Stix, Applesauce, Catsup, Milk/Juice	Super Nachos OR Chicken Filet Sandwich Refried Beans, Green Salad, Salsa, Celery Stix, Ranch, Tomato, Lettuce, Strawberries Milk & Juice	Hamburger/Cheeseburger Baked Fries Baked Beans, Green Salad, Baby Carrots, Ranch Dressing, Lettuce, Tomato, Mandarin Oranges, Mustard/Mayo/Catsup Milk & Juice
B&A SNACK	Trix 1% Milk	Tortilla Chips Cheese Dip Apple Juice	Pudding Cup Chocolate Milk	½ Ham & Cheese Sandwich Orange Juice	Apple Wedges w/Caramel Chocolate Milk