

Minford Local Schools

November

K-12 Cafeteria Menu



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Breakfast Donut, Sausage Links, Fruit Lunch Taco Bowl w/Meat, Lettuce/Tomatoes Corn, Fruit	2	Breakfast Cinnamon Pretzel Sticks Scrambled Eggs, Fruit Lunch Corn Dogs Fries or Tots, Baked Beans Veggie Cup, Fruit	3	<i>2-Hr Early Dismissal</i> Breakfast Assorted Cereal Yogurt, Fruit Lunch Chicken and Dumplings Green Beans, Roll Fruit	4	<i>No School</i>
Second Lunch Option: Cook's Choice/Variety Week									
7	Breakfast Assorted Cereal String Cheese, Fruit Lunch Chicken Tenders Baked Beans, Veggie Cup Fruit	8	Breakfast Pancakes/Syrup Fruit Lunch Pasta w/Meat Sauce Side Salad, Veggie Juice Fruit	9	Breakfast Cinnamon Breakfast Bun Fruit Lunch Sloppy Joes Fries, Veggie Cup Fruit	10	Breakfast Assorted Cereal Yogurt, Fruit Lunch Meatloaf Mashed Potatoes, Green Beans, Roll, Fruit	11	Breakfast Strawberry/Cream Cheese Bagel, Fruit Lunch Pizza Bagels Mac&Cheese, Broccoli, Fruit
Second Lunch Options: Hot Ham and Cheese Sandwich (Hot Dogs w/Meat Sauce - Wednesday)									
14	Breakfast Assorted Cereal String Cheese, Fruit Lunch Chicken Fries, Roll Veggie Cup, Fruit	15	Breakfast Cinnamon Toast Crunch Pocket, Fruit Lunch Beefy Nachos w/Cheese, Lettuce, Tomatoes, Beans, Salsa, Fruit	16	Breakfast Toast, Scrambled Eggs, Fruit Lunch Breaded Chicken Sandwich w/Lettuce & Pickles, Fries, Fruit	17	Breakfast Assorted Cereal Yogurt, Fruit Lunch Turkey or Salisbury Steak Mashed Potatoes, Green Beans, Roll, Fruit	18	Breakfast French Toast Fruit Lunch Pepperoni Pizza, Glazed Carrots, Fruit
Second Lunch Option: BBQ Rib Sandwich (except Thursday)									
21	Breakfast Assorted Cereal String Cheese, Fruit Lunch Asian Chicken, Broccoli, Fortune Cookie	22	<i>2-Hr Early Dismissal</i> Breakfast Oatmeal Breakfast Cookie Turkey Bacon Lunch Taco Stick Side Salad, Corn Fruit	23	<i>No School</i>	24	<i>No School</i>	25	<i>No School</i>
Second Lunch Option: Pepperoni and Cheese Hot Pockets									
28	<i>No School</i>	29	Breakfast Cheese and Egg Bagel, String Cheese, Fruit Lunch Beefy Nachos w/Cheese, Lettuce, Tomatoes, Beans, Salsa, Fruit	30	Breakfast Toast, Scrambled Eggs, Fruit Lunch BBQ Pulled Pork Sandwich, Broccoli, Fries, Fruit				
Second Lunch Option: Hamburger									

2022-2023 Meal Prices		
Category	Breakfast	Lunch
PK - 8	\$1.85	\$2.85
9 - 12	\$2.10	\$3.10
Reduced-Price	\$0.30	\$0.40
Adults	\$2.75	\$3.75
Extra milk	\$0.40	\$0.40

Meals include:

- Whole-Grain Rich Ingredients
- 1% Low-Fat or Fat Free Chocolate Milk
- Fruit and/or 100% Fruit/Veggie Juice

Meal Requirements:

Meals comply with USDA meal requirement standards. Students must take minimum components of fruit or vegetables. Grades 6-8, 9-12 may be offered additional items in order to meet the requirements.

Food Allergies:

Students with food allergies must have a Diet Order Form OR a note from his/her doctor on file with the Food Service Director. Forms can be found on the district website at <https://www.minfordfalcons.net>

Menus are subject to change without notice due to inclement weather and/or supply shortages.

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