

# NOVEMBER 2018

## Three Forks Schools

Monday

Tuesday

Wednesday

Thursday

Friday

### Did You Know...

Scorpio and Sagittarius are the astrological signs for November. Birthdays from November 1st through the 21st fall under the Scorpio sign. November 22nd through November 30th birthdays fall under the sign of Sagittarius.

#### BREAKFAST

5

Ham & Cheese Omelette  
Cold Cereal  
**LUNCH**  
Oriental Chicken  
Egg Roll / Pineapple  
Chow Mein Noodle  
Fortune Cookie

#### BREAKFAST

6

Biscuits & Gravy  
7-Grain Hot Cereal  
**LUNCH**  
Soft Shell Taco  
Fixin's  
Refried Beans  
Fruit

#### BREAKFAST

7

French Toast Stix/Bacon  
Cold Cereal  
**LUNCH**  
Fish Sticks  
Scalloped Potatoes  
Peas  
Fruit

#### BREAKFAST

8

Ham & Egg Croissant  
7-Grain Hot Cereal  
**LUNCH**  
Corn Dogs  
Gold Fish Crackers  
Veggies / Fruit

#### BREAKFAST

9

Pancake Wrap  
Cold Cereal  
**LUNCH**  
K-5 Sloppy Joe  
6<sup>th</sup>-22<sup>th</sup> Pulled Pork  
Cole Slaw / Beans  
Chips / Fruit

Early Release 11:10am

#### BREAKFAST

12

Ham & Cheese Omelette  
Cold Cereal  
**LUNCH**  
Pizza Pasta  
Italian Dunkers  
Corn  
Fruit

#### BREAKFAST

13

Sausage & Egg McMuffin  
7-Grain Hot Cereal  
**LUNCH**  
Chili  
Cinnamon Roll  
Applesauce Cup

#### BREAKFAST

14

French Toast Stix / Bacon  
Cold Cereal  
**LUNCH**  
Hot Dog  
With or without Chili  
Chips  
Fruit/ Veggies

#### BREAKFAST

15

Breakfast Pizza  
7-Grain Hot Cereal  
**LUNCH**  
Hawaiian Haystacks  
Fixin's  
Fruit

#### BREAKFAST

16

Pancake Wrap  
Cold Cereal  
**LUNCH**  
Turkey Noodles  
Over Mashed Potatoes  
Green Beans / Fruit  
Roll

#### BREAKFAST

19

Ham & Cheese Omelette  
Cold Cereal  
**LUNCH**  
Beef Stroganoff  
Green Beans  
Homemade Roll  
Fruit

#### BREAKFAST

20

Biscuits & Gravy  
7-Grain Hot Cereal  
**LUNCH**  
Ham & Cheese Sliders  
Chips  
Pickel Spear  
Fruit

21

No School

22

No School

23

No School

#### BREAKFAST

26

Ham & Cheese Omelette  
Cold Cereal  
**LUNCH**  
Homemade Bean &  
Cheese Burrito  
Spanish Rice  
Fruit

#### BREAKFAST

27

Sausage & Egg McMuffin  
7-Grain Hot Cereal  
**LUNCH**  
Chicken Alfredo  
Capri Veggies / Fruit  
Garlic Toast

#### BREAKFAST

28

French Toast Stix/ Bacon  
Cold Cereal  
**LUNCH**  
Hamburger  
Fixin's  
French Fries  
Fruit

#### BREAKFAST

29

Ham & Egg Croissant  
7-Grain Hot Cereal  
**LUNCH**  
"Just like KFC Bowl"  
Biscuit  
Fruit

#### BREAKFAST

30

Bagels / Cream Cheese  
Cold Cereal  
**LUNCH**  
Pizza  
Salad Mix  
Fresh Fruit

### Salad Bar

Is offered to students  
3<sup>rd</sup> Grade and UP  
With any menu choice  
Romain Lettuce  
Caesar Salad  
Spinach & Cabbage Salads  
Cottage Cheese  
Veggies

Menu subject to change  
Notice Given when  
Possible

### Sandwich Bar

#### Elementary

Monday \* Ham & Turkey  
Tuesday \* Tuna & Cheese  
Wednesday \* PB & Jelly  
Thursday \* Turkey & Cheese

#### 6<sup>th</sup> Grade & UP!

Roast Beef, Turkey, Ham  
Tuna & Egg Salad  
Whole Grain Bread Choices  
Assorted Toppings & Cheese