





ELK CITY PUBLIC SCHOOLS
MENU
NOVEMBER 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast Pizza Fruit Choice Lemongrass Chicken Brown Rice Tossed Salad Cherry Tomatoes Fruit Choice	2 Pancakes w/ Syrup Fruit Choice Pizza Italian Vegetables Corn Salad Apple Slices
5 Biscuit and Gravy Fruit Choice Hamburger/Cheeseburger Baked Beans Potato Wedges Broccoli w/ Cheese Sauce Fruit Choice	6 Cheesy Scrambled Eggs Bacon Slice Fruit Choice Frito Chili Pie Glazed Carrots Mexi Beans Fruit Choice	7 French Toast Sticks Syrup Fruit Choice Popcorn Chicken Mashed Potatoes w/ Gravy Green Beans Hot Roll Fruit Choice	8 Sausage & Cheese Biscuit Fruit Choice Cheese Bites Italian Vegetables Tossed Salad Marinara Sauce Fruit Choice	9 Cinnamon Toast Applesauce Stuffed Crust Pizza Corn Carrot Sticks w/ Ranch Fruit Choice
12 Breakfast Combo Bar Fruit Choice Mini Corndogs Mac & Cheese Fresh Tossed Salad Black Beans Fruit Choice	 13 Poptarts Fruit Choice Thanksgiving Dinner Turkey and Dressing Mashed Potatoes and Gravy Green Beans Hot Roll Apple Crisp	14 Muffin Choice Fruit Chik N' Fry Stix Cheesy Potatoes Mixed Vegetables Fruit Choice	15 Pancakes with Syrup Fruit Choice Steak Fingers Mashed Potatoes and Gravy Tossed Salad Hot Roll Fruit Choice	16 Biscuit and Gravy Fruit Choice Cheese Enchilada Mexi Beans Mexi Rice Carrots Fruit Choice
19	20 		22	23
26 PROFESSIONAL DAY! NO CLASSES!	27 Cheesy Scrambled Eggs Bacon Slice Fruit Choice Chicken & Cheese Quesadilla Tossed salad Mexi Beans Spanish Rice Fruit Choice	28 French Toast Sticks Syrup Fruit Choice Fish Sticks Potato Wedges Tossed Salad Carrot Sticks Fruit Choice	29 Sausage & Cheese Biscuit Fruit Choice Chicken Strips Mashed Potatoes and Gravy Green Beans Hot Roll Fruit Choice	30 Cinnamon Toast Applesauce Stuffed Crust Pizza Corn Carrot Sticks w/ Ranch Fruit Choice

VARIETY OF MILK AND 100% FRUIT JUICE OFFERED DAILY. MENUS ARE SUBJECT TO CHANGE.
CEREAL AND TOAST ARE AVAILABLE DAILY FOR BREAKFAST.

A "Grab and Go" option of a meat and cheese sandwich, fresh fruit and vegetable, and milk and juice are available daily at each site.
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.