Fannett-Metal School District – Middle – High School November 2019

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Fannett-Metal is an equal opportunity provider

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| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  | November 1  Cinnamon Bun  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | Offer verses serve -  Students must take  **3 of 5** items to count as a lunch & one must be a fruit or vegetable. |
|  | November 4  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | November 5  Chicken & Waffle Sandwich  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | November 6  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice 1 | November 7  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | November 8  Cinnamon Bun  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | **Menu subject to change** |
| **All Meals are**  served with 1% milk, fat free chocolate, fat free vanilla, fat free strawberry and skim | November 11  **Veterans Day** | November 12  Chicken & Waffle Sandwich  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | November 13  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | November 14  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | November 15  Cinnamon Bun  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice |  |
|  | November 18  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | November 19  Chicken & Waffle Sandwich  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | November 20  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | November 21  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | November 22  Cinnamon Bun  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | High School Breakfast  $ 1.55  Milk - .50  Reduced - .40 |
| **No breakfast on two hour delays** | November 25  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | November 26  Chicken & Waffle  Sandwich  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | November 27  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | November 28 | November 29  **No School** |  |