



Happy Thanksgiving

MENUS FOR Middle and High School November 2024

BCSS SNP Programs Offered: Fresh Fruit and Vegetable Program, CEP (System Wide)

Available Daily

Breakfast:

- Asst. Fruit Choices
100% Fruit Juice
Flavored Milk

Lunch:

- Asst. Fruit Choices
Jam Bag
Flavored Milk
Pre-Plated Salads

Special Promotional Days Highlighted in Blue. New Items Highlighted in Red.

Nutrition Nugget

Sweet Potatoes

Sweet Potatoes give you 102% of the vitamin A you need each day.

Fun Fact: Sweet Potatoes are actually not potatoes they are sweet roots in the morning glory family.



Sweet Potatoes



Recipe of the Month 8-Minute Sweet Potatoes

Ingredients

- 1 Large Sweet Potato
2 tsp Avocado Oil, 1 pinch of Sea Salt
Steps: Fry 1/4 inch thick sweet potato slices in oil and sprinkle with salt.



Featured Breakfast Specials of the day

- Friday November 1, Steak Biscuit
Mon November 4, Sausage Biscuit
Tues November 5, Pancake Sandwich
Wed November 6, Spicy Chicken Biscuit
Thurs November 7, Fruit Loop Waffle
Friday November 8, Steak Biscuit
Mon November 11, Sausage Biscuit
Tues November 12, Chicken Biscuit
Wed November 13, Caramel Pastry
Thurs November 14, Bacon Cheese Croissant
Friday November 15, Steak Biscuit
Mon November 18, Mini Cinis
Tues November 19, Pancake Pup
Wed November 20, Sausage Biscuit
Thurs November 21, Chicken Biscuit
Friday November 22, French Toast Minis

Thanksgiving Break: November 25-29



## Featured Lunch Specials of the Day

### Friday, November 1

Spicy Chicken Sandwich or BBQ Pork w/Loaf Bread, Fresh Lettuce/Tomato, Pickle Spears, Crispy Sweet Potatoes Puffs w/ Cinnamon Dust, Fruit Smoothie Bowl, Warm Cinnamon Roll  
*National Cinnamon Day*

### Mon, November 4

Homemade Chili w/Cheese or **Saucy Terakihi Boneless Wings w/Ranch**, Oven Roasted Potatoes, Homemade Coleslaw, Warm Garlic Knot

### Tues, November 5

Cheesy Stuffed Crust Pizza or Cheesy Chicken Alfredo/Warm Roll, Spinach Salad, Homemade Squash Casserole

### Wed, November 6

Spicy Beef Nachos or Cheesy Taco Max Snax Quesadilla, Spicy Salsa, Fresh Lettuce and Tomato, Cheesy Refried Beans, Cinnamon Apples, Warm Sugar Cookie  
*National Nacho Day*

### Thurs, November 7

Homemade Tator Tot Casserole w/Roll or Managers Choice, Seasoned Black-eyed Peas, Fresh Veggies w/Dip

### Friday, November 8

Warm Cheese Sticks w/Marinara or Spicy Orange Chicken w/ **Woodles**, Buttered Corn, Seasoned Lima Beans, Chocolate Chortles

### Mon, November 11

**Seasoned Beef Tips over Egg Noodles** or Cheesy Wild Mike's Pizza, Fresh Garden Salad, Buttered Corn, Scooby Doo Cookies  
*Red White and Blue Pears*  
*November 11 – Veterans Day*



### Tues, November 12

Crispy Corndog or Homemade Meatloaf, Fresh Carrots w/Ranch, Warm Roll, Fluffy Yellow Rice, Seasoned Field Peas

### Wed, November 13

Crispy Calzones w/Marinara or Italian Lasagna Rolls w/Garlic Knot, Fresh Caesar Salad, Seasoned Lima Beans

### Thurs, November 14

Homemade Turkey and Dressing or Crispy Beef Nuggets w/BBQ Sauce, Green Beans, Candied Sweet Potatoes, Warm Roll, Chilled Cranberry Sauce, Thanksgiving Cookie  
*Harvest of the Month*  
*System Wide Thanksgiving Dinner*



### Friday, November 15

**Cheesy Pickle Pizza** or Crunchy Country Fried Steak w/Biscuit, Scalloped Potatoes, Seasoned Sweet Peas, **Pickle Pop**  
*Celebrating National Pickle Day*  
*November 14*

### Mon, November 18

Crispy Chicken Tenders/Dutch Waffles or Spicy Sausage/Cheese Biscuit, Seasoned Potato Triangles, Fresh Sliced Tomatoes, Chilled Juice Cup

### Tues, November 19

Crispy Grilled Cheese w/ Tomato Soup or Cheesy Pan Pizza, Fresh Garden Salad, Sweet Corn Nuggets

*Scratch cooking daily, so  
parents don't have to!*



### Wed, November 20

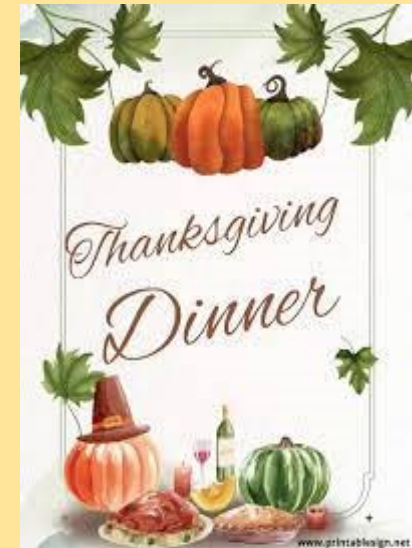
Homemade Mac-n-Cheese w/Little Smokies or Crispy Chicken Nuggets, Seasoned Black-eyed Peas, Southern, Fresh Collard Greens, Buttered Biscuit  
**Local Foods for Schools Local Collard Green**

### Thurs, November 21

Homemade Spaghetti or **Cheesy Garlic Boat**, Steamed Broccoli w/Cheese, Orange Glazed Carrots, Celebration Cookie, Vanilla Ice-Cream  
*Monthly Birthday Celebration*

### Friday, November 22 Basket Lunch

Hotdog on Bun, Saucy Baked Beans, Fresh Homemade Coleslaw, Harvest Sun Chips



**System wide Thanksgiving Dinner**  
**November 14, 2024**

**“Service Minded Hunger Focused”**