


# Hope Academy - November 2018

**Meal Prices: Student Meals - No Charge, Adult Breakfast/Lunch \$2.50/\$4.00, Milk \$ .50**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>29</b>	Mini Egg & Cheese Sandwich Chicken Tenders Soft Pretzel Cooked Carrots Cucumbers w/ Ranch Fresh Apple Ice Cold Milk	<b>30</b>	Apple Cinnamon Toast Cheesy Beef Meatloaf Mashed Potatoes w/ Gravy Green Beans Dinner Roll Fresh Kiwi Ice Cold Milk	<b>31</b>	Turkey Bacon Breakfast Boat Chicken & Cheese Quesadilla Fiesta Beans & Rice Romaine Salad w/ Diced Tomatoes Fresh Banana Ice Cold Milk	<b>1</b>	Confetti Pancakes Cheesy Omelet Biscuit & Jelly Potato Starz Broccoli Zee Zee Grahams Fresh Grapes Ice Cold Milk	<b>2</b>	Sausage Gravy Breakfast Tony's 5" Round Pizza Whole Kernel Corn Green Pepper Strips w/ Hummus Diced Peaches Ice Cold Milk
<b>5</b>	Turkey Sausage Breakfast Bites Beef Teriyaki Dippers Steamed Broccoli Carrots w/Ranch Breadstick Pineapple Tidbits Ice Cold Milk	<b>6</b>	Cini Minis Chicken Drumstick Corn Muffin Roasted Red Potatoes Celery Apple Slices Ice Cold Milk	<b>7</b>	Mini Egg & Cheese Slider Beef Nachos Lettuce, Cheese, Salsa Ranchero Beans & Rice Fresh Banana Ice Cold Milk	<b>8</b>	French Toast Sticks Chicken Sandwich Sweet Potato Waffle Fries Cucumber Slices Fruit Cocktail Ice Cold Milk	<b>9</b>	Sausage Gravy Breakfast Pasta Rotini Garlic Toast Romaine Salad w/ Garbanzo Beans Sorbet Ice Cold Milk
<b>12</b>	Mini Maple Waffles Yogurt Hamburger on a Bun Crinkle Cut Fries Carrots w/ Ranch Apple Slices Ice Cold Milk	<b>13</b>	Pancake Wrap Chicken Alfredo Garlic Toast Romaine Salad w/ Garbanzo Beans Fresh Oranges Ice Cold Milk	<b>14</b>	Chocolate Filled Crescent Roll Beef Burrito Baja Black Beans Carrot Sticks Smart Cookies Fresh Banana Ice Cold Milk	<b>15</b>	Beef Sausage Bagel w/ Cheese Confetti Pancakes Turkey Sausage Veggie Juice Strawberries Ice Cold Milk	<b>16</b>	Glazed Sweet Bun Italian Dunkers Marinara Sauce Whole Kernel Corn Goldfish Crackers Fresh Grapes Ice Cold Milk
<b>19</b>	Mini Egg & Cheese Sandwich Mini Corn Dogs Onion Rings Celery w/ Hummus Fresh Apple Ice Cold Milk	<b>20</b>	Apple Cinnamon Toast <b>HARVEST SPECTACULAR</b> Turkey & Gravy Mashed Potatoes Fresh Green Beans Dinner Roll Diced Peaches Elf Grahams Ice Cold Milk	 <p><b>HAPPY THANKSGIVING</b></p> <p><i>School resumes Monday, November 26th</i></p>					

## MUNCHERS - Check with your school cook for ordering details

**Breakfast:** Cereal, string cheese & yogurt as a choice, Fruit Selections (raisins, apples, oranges, bananas & peaches), 100% Fruit Juice & Ice Cold Milk (skim milk, 1% white or chocolate).

**Grades 6-12** have additional options: Graham Crackers, Cereal, Yogurt or Cheese Stick.

**Lunch: Munchers & Sunbutter Sandwiches** available as entrée choices. **Chef Salads** available at K-8 & K-12 sites.

**Monday** - Yogurt Muncher (Trix Yogurt, Hearty Granola, Blueberry Muffin, Carrots w/ Ranch & Dried Fruit)

**Tuesday** - Salad Muncher (Lettuce Blend, Shredded Cheese, Turkey Bacon, Tomato, Croutons w/Ranch, Sunflower Seeds, Cheese Crackers & Grapes)

**Wednesday** - Flatbread Muncher (Goldfish Flatbread, Turkey Breast, Swiss Cheese & Mayo/Mustard, Corn Salad, Roasted Chickpeas & Pineapple)

**Thursday** - Scoops Muncher (Tostitos Scoops, Land O Lakes Cheese Cup, Salsa, Refried Beans, Goldfish Grahams & Clementine)

**Friday** - Sunbutter & Jelly Muncher (Jelly Crescent, Sunbutter Spread, Cheese Stick, Celery w/Ranch, Apple Slices & Pretzels)

- All grain items are at least 50% whole grains.
- Ice Cold Milk (skim milk, 1% white or chocolate) from **Country Dairy** included with each meal or for .50¢.
- Salad bars available in K-8 & K-12 schools
- For more in-depth information on menus, nutritional analysis, contact information and related website links, check out our website at: [www.grpublicschools.org/nutrition](http://www.grpublicschools.org/nutrition) or use the QR code on this menu.



\* Menu Item Contains Pork