



# November 2015



<p>2 <u>Breakfast</u> Breakfast Pizza <u>Lunch</u> Hamburger, Cheeseburger or Bean &amp; Cheese Burrito</p>	<p>3 <u>Breakfast</u> Blueberry Mini Loaf <u>Lunch</u> French Bread Pizza with or without Chicken Peperoni</p>	<p>4 <u>Breakfast</u> Cinnamon Roll <u>Lunch</u> Orange Chicken w/Brown Rice or Veggie Burger</p>	<p>5 <u>Breakfast</u> Breakfast Quesadilla <u>Lunch</u> Turkey Hot Dog or Toasted Cheese</p>	<p>6 <u>Breakfast</u> Banana Bread <u>Lunch</u> Beef &amp; Cheese Burrito or Mozzarella Cheese Breadsticks</p>
<p>9 <u>Breakfast</u> Breakfast Bagel <u>Lunch</u> Pancakes, Sausage, Hash Browns or Cheese Quesadilla</p>	<p>10 <u>Breakfast</u> French Toast <u>Lunch</u> Chicken Nuggets w/ Whole Wheat Roll or Bagel Munchable</p>	<p>11 Veteran's Day No School </p>	<p>12 <u>Breakfast</u> Turkey Sausage Wrap <u>Lunch</u> Chicken Soft Taco or Cheese Pizza</p>	<p>13 <u>Breakfast</u> Yogurt Parfait <u>Lunch</u> Fish Sticks w/ Roasted Potatoes or Toasted Cheese</p>
<p>16 <u>Breakfast</u> Breakfast Pizza <u>Lunch</u> Breaded Chicken Burger or Bean &amp; Cheese Burrito</p>	<p>17 <u>Breakfast</u> Mini Turkey Footballs <u>Lunch</u> Chicken Corndog or Veggie Burger</p>	<p>18 <u>Breakfast</u> Cinnamon Roll <u>Lunch</u> Beef Teriyaki Dippers w/Rice or Mozzarella Cheese Breadsticks</p>	<p>19 <u>Breakfast</u> Breakfast Quesadilla <u>Lunch</u> Turkey Gravy w/Mashed Potatoes &amp; Roll or Toasted Cheese</p>	<p>20 <u>Breakfast</u> Waffle Sticks <u>Lunch</u> Chef's Choice or Cheese Pizza</p>
<p>23 Parent Teacher Conferences No School</p>	<p>24 Parent Teacher Conferences No School</p>	<p>25 Parent Teacher Conferences No School</p>	<p>26 Thanksgiving Day Holiday No School</p>	<p>27 Thanksgiving Holiday No School</p>
<p>30 <u>Breakfast</u> Breakfast Bagel <u>Lunch</u> Hamburger, Cheeseburger or Cheese Quesadilla</p>	<p><b>Harvest of the Month Carrots</b> </p> <p> Give Thanks... What are you thankful for?</p>			
<p><b>BREAKFAST CHOICES FREE BREAKFAST SCHOOLS:</b> All students, regardless of eligibility for free, reduced or full priced meals, can enjoy breakfast daily at no cost in these Seattle schools for the 2015-16 school year: Bailey Gatzert, Concord, Dearborn Park, Dunlap, Highland Park, Martin Luther King, Northgate, Van Asselt, West Seattle Elem, &amp; Wing Luke. A nutritious breakfast is served each day at your child's school. In addition to the primary entrée mentioned on the menu, students may also select from a variety of low sugar cereals, 100% whole wheat toast, fresh and canned fruits or 100% fruit juice, and low-fat white milk.</p>		<p><b>Lunch Prices</b> Elementary School: 3.00 Middle School: \$3.25 Reduced: No Charge Adult: \$4.75</p> <p><b>Breakfast Prices</b> Elementary School: \$2.00 Middle School: \$2.25 Reduced: No Charge Adult: \$3.25</p> <p>Entrées served with fresh fruit and vegetable salad bar &amp; choice of 1%, non-fat or non-fat chocolate rBST hormone free milk.</p> <p>This institution is an equal opportunity provider and employer</p>		