

NOVEMBER BREAKFAST MENUS

GALAX MIDDLE/HIGH SCHOOLS

OFFERED DAILY:

CHOOSE 1 OR 2: FRUIT CUP, FRESH FRUIT, OR 100% JUICE (ONLY ONE JUICE)

YOGURT WITH EACH DAILY CHOICE

CHOOSE 1: UNFLAVORED OR FLAVORED LOWFAT OR NONFAT MILK

GRAB & GO BREAKFAST OFFERED DAILY INCLUDES:

1 BAR, 1 FRUIT AND JUICE (GMS ONLY 1 JUICE OR FRUIT, 1 YOGURT AND CHOICE OF MILK)

WEDNESDAY, NOVEMBER 1

CHOOSE 1: CHOCOLATE DONUT

STRAWBERRY PARFAIT

CEREAL

THURSDAY, NOVEMBER 2

CHOOSE 1: HONEY BUN

MAPLE WAFFLE

CEREAL

FRIDAY, NOVEMBER 3

CHOOSE 1: BREAKFAST PIZZA

APPLE FRUDLE

CEREAL

MONDAY, NOVEMBER 6

CHOOSE 1: MINI CINN'S

BLUEBERRY WAFFLE

CEREAL

TUESDAY, NOVEMBER 7

CHOOSE 1: BISCUIT & GRAVY

SNACK BUN

CEREAL

WEDNESDAY, NOVEMBER 8

CHOOSE 1: FRENCH TOAST

SOFT CTC CEREAL BAR

CEREAL

THURSDAY, NOVEMBER 9

CHOOSE 1: CINNAMON SNACK N' WAFFLE

MAPLE PANCAKE

CEREAL

FRIDAY, NOVEMBER 10

CHOOSE 1: BREAKFAST PIZZA

APPLE FRUDEL

CEREAL

MONDAY, NOVEMBER 13

CHOOSE 1: GOODY RING

MAPLE PANCAKES

CEREAL

TUESDAY, NOVEMBER 14

CHOOSE 1: CHICKEN BISCUIT

CHOCOLATE CHIP MUFFIN

CEREAL

WEDNESDAY, NOVEMBER 15

CHOOSE 1: TRIPLE BERRY FRENCH TOAST

STRAWBERRY PARFAIT

CEREAL

THURSDAY, NOVEMBER 16

CHOOSE 1: SNACK N' WAFFLE

SNACK BUN

CEREAL

FRIDAY, NOVEMBER 17

CHOOSE 1: BREAKFAST PIZZA

APPLE FRUDEL

CEREAL

MONDAY, NOVEMBER 20

CHOOSE 1: BLUEBERRY WAFFLE

GOODY RING

CEREAL

TUESDAY, NOVEMBER 21

CHOOSE 1: BISCUIT & GRAVY

BLUEBERRY WAFFLE

CEREAL

SCHOOL CLOSED NOVEMBER 22-26

HAPPY THANKSGIVING

MONDAY NOVEMBER 27

CHOOSE 1: CINNAMON RUSH FRENCH
TOAST
CHOCOLATE CHIP DONUT
CEREAL

TUESDAY NOVEMBER 28

CHOOSE 1: SAUSAGE BISCUIT
GOODY RING
CEREAL

WEDNESDAY, NOVEMBER 29

CHOOSE 1: CHOCOLATE DONUT
STRAWBERRY PARFAIT
CEREAL

THURSDAY, NOVEMBER 30

CHOOSE 1: SNACK BUN
MAPLE WAFFLES
CEREAL

**USDA IS AN EQUAL OPPORTUNITY
PROVIDER AND EMPLOYER**

NOVEMBER LUNCH MENUS
GALAX MIDDLE/HIGH SCHOOL

OFFERED DAILY: SALAD BAR OPTION

DAILY CHOOSE 1: UNFLAVORED/FLAVORED
LOWFAT/NONFAT MILK

WEDNESDAY, NOVEMBER 1

CHOOSE 1: BBQ CHICKEN W/ROLL OR
SOUTHWEST PULL A-PART
CHOOSE 1 OR 2: BABY BAKERS, CORN ON COB,
GREEN BEANS
CHOOSE 1 OR 2: APPLESAUCE, FRESH FRUIT

THURSDAY, NOVEMBER 2

CHOOSE 1: HOT DOG ON BUN OR TURKEY &
CHEESE ON BUN
CHOOSE 1 OR 2: FRENCH FRIES, CHILLI, SLAW,
BAKED BEANS
CHOOSE 1 OR 2: PEACHES, FRESH FRUIT

FRIDAY, NOVEMBER 3

CHOOSE 1: POPCORN CHICKEN OR FISH STICKS,
ROLLS
CHOOSE 1 OR 2: CREAMED POTATOES,
CARROTS, BRUSSEL SPROUTS
CHOOSE 1 OR 2: APPLESAUCE, FRESH FRUIT

MONDAY, NOVEMBER 6

CHOOSE 1: MEATLOAF OR PULLED PORK
W/ROLL
CHOOSE 1 OR 2: SIDEWINDERS, PINTOS, SLAW,
CHOOSE 1 OR 2: FRUIT COCKTAIL, FRESH FRUIT

TUESDAY, NOVEMBER 7

CHOOSE 1: PEPPERONI OR CHEESE PIZZA
CHOOSE 1 OR 2: GREEN BEANS, RED PEPPER
STRIPS, SPINACH, DICED TOMATOES
CHOOSE 1 OR 2: PEARS, FRESH FRUIT

WEDNESDAY, NOVEMBER 8

CHOOSE 1: CHEESEBURGER OR FISH ON BUN
CHOOSE 1 OR 2: FRENCH FRIES, BAKED BEANS,
LETTUCE TOMATO, ONION, PICKLE CHIPS,
CHOOSE 1 OR 2: MIXED FRUIT, FRESH FRUIT

THURSDAY, NOVEMBER 9

CHOOSE 1: CHICKEN FRIES OR FISH STICKS
W/ROLLS
CHOOSE 1 OR 2: CREAMED POTATOES, CARROTS,
PEAS
CHOOSE 1 OR 2: APPLESAUCE, FRESH FRUIT

FRIDAY, NOVEMBER 10

CHOOSE 1: BREADED CHEESE STICKS OR
PIZZABOLI
CHOOSE 1 OR 2: CORN, CALIFORNIA BLEND
VEGGIES, CUCUMBER SLICES
CHOOSE 1 OR 2: PINEAPPLE TIDBITS, FRESH
FRUIT

MONDAY, NOVEMBER 13

CHOOSE 1: CHICKEN FILET OR HAM & CHEESE
ON BUN
CHOOSE 1 OR 2: FRENCH FRIES, LETTUCE,
TOMATO, BAKED BEANS
CHOOSE 1 OR 2; PEACHES, FRESH FRUIT

TUESDAY, NOVEMBER 14

CHOOSE 1: CHEESE BITES OR BAKED POTATO
BAR, ROLL
CHOOSE 1 OR 2: BROCCOLI, SOUR CREAM, GREEN
SALAD, DICED TOMATOES
CHOOSE 1 OR 2: PEACHES, FRESH FRUIT

WEDNESDAY, NOVEMBER 15

CHOOSE 1: RIB OR TURKEY & CHEESE ON BUN
CHOOSE 1 OR 2: TATER TOTS, CORN ON COB,
LETTUCE, TOMATO
CHOOSE 1 OR 2: FRUIT COCKTAIL, FRESH FRUIT

THURSDAY, NOVEMBER 16

THANKSGIVING DINNER
TURKEY, DRESSING, GRAVY, ROLL
CREAMED POTATOES, GREEN BEANS, SWEET
POTOTES
CRANBERRY SAUCE, APPLESAUCE,
PUMPKIN PIE

FRIDAY, NOVEMBER 17

CHOOSE 1: GENERAL TSO OR MANDRANIN ORANGE CHICKEN
CHOOSE 1 OR 2: FRIED RICE, CARROTS
CHOOSE 1 OR 2: PINEAPPLE TIDBITS, FRESH FRUIT

MONDAY, NOVEMBER 20

CHOOSE 1: SPICY CHICKEN OR HAM & CHEESE ON BUN
CHOOSE 1 OR 2: SWEET POTATO FRIES, CALI BLEND VEGGIES, CARROTTINES, LETTUCE, TOMATO
CHOOSE 1 OR 2: PEACHES, FRESH FRUIT

TUESDAY, NOVEMBER 21

CHOOSE 1: WALKING TACO OR HAM & CHEESE WRAP
CHOOSE 1 OR 2: LETTUCE, TOMATO, BLACK BEANS, SALSA, SOUR CREAM

WEDNESDAY, NOVEMBER 22

THURSDAY, NOVEMBER 23

FRIDAY, NOVEMBER 24

SCHOOLS CLOSED, THANKSGIVING BREAK

MONDAY, NOVEMBER 27

CHOOSE 1: CHICKEN OR FISH NUGGETS W/ROLL
CHOOSE 1 OR 2: TATER TOTS, CARROTS, CELERY
CHOOSE 1 OR 2: FRUIT COCKTAIL, FRESH FRUIT

TUESDAY, NOVEMBER 28

CHOOSE 1: MINI CORN DOG OR PEPPERONI PIZZA
CHOOSE 1 OR 2: GREEN BEANS, SWEET POATO PATTY, GREEN SALAD, DICED TOMATO
CHOOSE 1 OR 2: PEARS, FRESH FRUIT

WEDNESDAY, NOVEMBER 29

CHOOSE 1: CHEESE STICK OR PEPPERONI PIZZA
CHOOSE 1 OR 2: CORN, SPINACH, DICED TOMATOES, RED PEPPER STRIPS
CHOOSE 1 OR 2: PINEAPPLE TIDBITS, FRESH FRUIT

THURSDAY, NOVEMBER 30

CHOOSE 1: SALISBURY STEAK OR MEATLOAF W/ROLL
CHOOSE 1 OR 2: CREAMED POTATOES, GREEN BEANS, CARROTS
CHOOSE 1 OR 2: APPLESAUCE, FRESH FRUIT

THIRD MEALS FOR MONTH OF NOVEMBER

THE FOLLOWING IS SERVED EACH DAY.
(GHS STUDENTS WILL ALSO RECEIVE A V-BLEND JUICE)

CHEETOS OR DORITOS, CHEESE STICK, BEEF STICK, SLICED APPLES, CARROTS, AND MILK

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