



# Black Bears Lunchpad Middle School Menu

# November 2024

Fresh Fruit and Vegetables Served at each meal!  
All wraps and salads can be made vegetarian

## MONDAY

Offered Daily at Breakfast  
PB&J Packs  
Assorted Fruited & Muffins  
Variety of Cold Cereals & pop tarts  
Fresh Fruit  
100% Juice  
Choice of Milk

## TUESDAY

Offered Daily at Lunch  
WG Bosco Sticks  
WG chicken Patty  
WG Cheese/Pep Pizza  
Assorted Wheat Wraps  
Assorted Salads  
Fruit & Yogurt Parfait  
WG Nachos  
WG Dinner Roll

## WEDNESDAY

## THURSDAY

## FRIDAY

BKFST:

Lunch entrée: Bacon Chix Ranch Pizza  
Side: Garlic Bread  
Veg: Spinach Side Salad  
Fruit: Diced Melon Cup

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<p>BKFST: 4</p> <p>Lunch entrée: Jalapeño Cheddar Burger Side: French Fries Veg: Pepper Strips Fruit: Watermelon</p>	<p>5</p> <p><b>No School! Superintendent's Day</b></p>	<p>BKFST: Breakfast Pizza &amp; tater tots 6</p> <p>Lunch entrée: Pizza crunchers Side: Marinara dipping sauce Veg: Celery Sticks Fruit: Apple slices</p>	<p>BKFST: Ham, cheese &amp; egg biscuit 7</p> <p>Lunch entrée: Walking taco bar Side: Lettuce, tomato &amp; cheese Veg: Black beans Fruit: Diced pears</p>	<p>BKFST: Waffles &amp; sausage 8</p> <p>Lunch entrée: BBQ chicken pizza Side: Garden side salad Veg: Sliced cucumbers Fruit: Strawberries</p>
<p>11</p> <p><b>No School! Veteran's Day</b></p>	<p>BKFST: Ham, cheese &amp; egg bagel sandwich 12</p> <p>Lunch entrée: Buffalo chicken dip Side: Tortilla chips Veg: Baked beans Fruit: Mixed fruit cup</p>	<p>BKFST: Breakfast Pizza &amp; tater tots 13</p> <p>Lunch entrée: Sloppy Joes Side: French fries Veg: Baby carrots Fruit: Diced pineapple</p>	<p>BKFST: French toast sticks &amp; tater tots 14</p> <p>Lunch entrée: Popcorn chix bowl Side: Mashed potatoes Veg: Buttered corn Fruit: Diced pears</p>	<p>BKFST: Sausage, egg, &amp; cheese sandwich 15</p> <p>Lunch entrée: Veggie lovers Pizza Side: Garlic bread Sticks Veg: Caesar side salad Fruit: Apple slices</p>
<p>BKFST: Pancakes &amp; sausage 18</p> <p>Lunch entrée: Meatball subs Side: Peppers &amp; onions Veg: Green beans Fruit: Diced pineapple</p>	<p>BKFST: Western Omelet &amp; hash brown patty 19</p> <p>Lunch entrée: Sweet &amp; sour chix Side: Steamed rice Veg: Steamed broccoli Fruit: Blueberries</p>	<p>BKFST: Pancakes &amp; sausage 20</p> <p>Lunch entrée Grilled Cheese Side: Tomato Soup Veg: Potato wedges Fruit: Diced pineapple</p>	<p>BKFST: Pancake wrapped sausage 21</p> <p>Lunch entrée: Turkey &amp; Gravy Side: Mashed Potatoes Side: Cranberry Sauce Veg: Butternut Squash Fruit: Diced pears</p>	<p>BKFST: Sausage, egg &amp; potato boat 22</p> <p>Lunch entrée: Buffalo Chix Pizza Side: Garden Side salad Veg: Sliced cucumbers Fruit: Diced peaches</p>
<p>BKFST: Breakfast Burrito &amp; hash brown 25</p> <p>Lunch entrée: Bacon Ch. burger Side: Roasted mushrooms Veg: Tater tots Fruit: Strawberries</p>	<p>BKFST: French toast &amp; bacon 26</p> <p>Lunch entrée: Corn Dog Side: Baked beans Veg: Broccoli Fruit: Diced pineapple</p>	<p>27</p> <p><b>No School! Happy</b></p>	<p>28</p> <p><b>No School! Thanksgiving</b></p>	<p>29</p> <p><b>No School! Break!</b></p>