



Ch'ooshgai Community School November Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Fruit Pocket Canteloupe Nonfat MILK Milk - Lowfat Milk
4 Whole Wheat Toast Yogurt Peach Apple Wedges Peach Slices Nonfat MILK Milk - Lowfat Milk	5 Whole Grain Biscuit Ham Slice Orange Canned Pears Nonfat MILK Milk - Lowfat Milk	6 Oatmeal Raisins Banana Nonfat MILK Milk - Lowfat Milk, Chocolate Fat Free	7 Whole Wheat Pancake Turkey Sausage Patty Fresh Grapes Mango Chunks Nonfat MILK Milk - Lowfat Milk	8 Ultimate Breakfast Round Melon Chunks Tropical Fruit Salad Nonfat MILK Milk - Lowfat Milk
11 Veterans Day No School	12 Cottage Cheese Granola Bar Orange Applesauce Fancy Nonfat MILK Milk - Lowfat Milk	13 Muffin Strawberry Cream Cheese Assorted Cold Cereal Pineapple Chunks Fruit Cocktail Nonfat MILK Milk - Lowfat Milk, Chocolate Fat Free	14 Migas Corn Tortilla Hashbrowns Salsa Watermelon Chunks Nonfat MILK Milk - Lowfat Milk	15 Cinnamon Toast Assorted Cold Cereal Apricot Halves Tropical Fruit Salad Nonfat MILK Milk - Lowfat Milk
18 Whole Wheat Toast Scrambled Eggs with Ham Hashbrowns Peach Slices Nonfat MILK Milk - Lowfat Milk	19 Sausage Pancake on Stick Orange Applesauce Fancy Nonfat MILK Milk - Lowfat Milk	20 Biscuit and Gravy Pineapple Fruit Cocktail Nonfat MILK Milk - Lowfat Milk, Chocolate Fat Free	21 Cold Cereal Purple Plums Mango Chunks Nonfat MILK Milk - Lowfat Milk	22 NO SCHOOL PROFESSIONAL DEVELOPMENT
25 FALL BREAK NO SCHOOL	26 FALL BREAK NO SCHOOL	27 FALL BREAK NO SCHOOL	28 FALL BREAK NO SCHOOL	29 FALL BREAK NO SCHOOL

*Menu subject to change

“Home of the Broncos”



Ch'ooshgai Community School

November Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Meat Lasagna Breadstick Green Beans Mango Chunks Nonfat MILK Milk - Lowfat Milk
4 Beef and Bean Burrito Lettuce & Tomato Salsa Kale Slaw Mandarin Oranges Nonfat MILK Milk - Lowfat Milk	5 Chicken Fried Steak Mashed Potatoes Sliced Carrots Applesauce Fancy Nonfat MILK Milk - Lowfat Milk	6 BBQ Pork Rib Sandwich Ranch Beans Coleslaw Canned Pears Nonfat MILK Milk - Lowfat Milk, Chocolate Fat Free	7 Roast Turkey Mashed Potatoes Brown Gravy FF Whole Wheat Roll Broccoli Florets Peach, Strby, Banana Whipped Topping Graham Crackers Nonfat MILK Milk - Lowfat Milk	8 Braised Beef Tips Seasoned Noodles Green Beans Sliced Carrots Mango Chunks Nonfat MILK Milk - Lowfat Milk
11 Veterans Day No School	12 Chicken & Noodles Whole Wheat Roll Sliced Carrots Mixed Berries Whipped Topping Nonfat MILK Milk - Lowfat Milk	13 Ground Beef & Potato Whole Wheat Roll Ranch Beans Fresh Fruit Salad Nonfat MILK Milk - Lowfat Milk, Chocolate Fat Free	14 Ham Slice Potatoes Au Gratin Whole Wheat Roll Broccoli Florets Fruit Cup with banana Granola Bar Nonfat MILK Milk - Lowfat Milk	15 Grilled Chicken GF Sandwich WG Mustard Pkt Mayonnaise Ind Pkt Coleslaw Italian Vegetable Pasta Salad Canteloupe Nonfat MILK Milk - Lowfat Milk
18 SALISBURY STEAK Brown Gravy Seasoned Noodles Corn Kernels Green Beans Honeydew Melon Nonfat MILK Milk - Lowfat Milk	19 Beef Taco Mexican Rice Salsa Carrot Sticks Ranch Dressing Packet Sliced Pears Nonfat MILK Milk - Lowfat Milk	20 Chicken Grn Chili Enchilada Yellow Tortilla Chips Salsa Ranch Style Beans Fruit Cup (Cantaloupe, Honeydew, apples, grapes, mandarin oranges) Milk	21 Roast Turkey Mashed Potatoes Sweet Potatoes casserole Brown Gravy Whole Wheat Roll Green Beans Cranberry Sauce Pumpkin Pie Nonfat MILK	22 NO SCHOOL PROFESSIONAL DEVELOPMENT
25 FALL BREAK NO SCHOOL	26 FALL BREAK NO SCHOOL	27 FALL BREAK NO SCHOOL	28 FALL BREAK NO SCHOOL	29 FALL BREAK NO SCHOOL

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