

GREAT OAKS CAREER CAMPUSES

BREAKFAST

DAILY BREAKFAST ENTREES MAY INCLUDE: Cold Cereals, Cereal Bars, Bagels & Cream Cheese

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Sausage & Cheese Biscuit	Breakfast Pizza	Mini Pancakes	Egg & Cheese Bosco Stick	French Toast Sticks

Breakfast Meal Deal

Entrée Choice
Fruit or Fruit Juice
Low-Fat or Fat Free Milk (8 oz.)
\$1.25

NOVEMBER 2019

*All Bread Products Are
"WHOLE GRAIN RICH"*

Lunch Meal Deal

Entrée Choice (bread & protein)
Fruit Choice
Vegetable Choice
Low-Fat or Fat Free Milk (8 oz.)
\$2.90

DELI/SUB STATION

IN PLACE OF MAIN ENTRÉE

CHOOSE

A

COLD DELI SUB

OR

WRAP

Fresh Fruit/Vegetable Bar

ROMAINE MIX/SPINACH,
BABY CARROTS, BROCCOLI,
CAULIFLOWER, CELERY STICKS,
CHERRY TOMATOES, CUCUMBER
SLICES, HUMMUS, GARBANZO
BEANS
PLUS
A
VARIETY OF FRESH FRUIT
OR
CHILLED FRUIT CUPS

HOT SANDWICH/PIZZA

IN PLACE OF MAIN ENTRÉE

CHOOSE

A

HOT SANDWICH

OR

PIZZA

CHOICE OF
1% WHITE OR FAT FREE
CHOCOLATE MILK

Choice of Fresh Fruit or
Chilled Fruit Cup

Choice of Hot or Cold
Vegetables

OCTOBER 28

HOT POCKET

29

3 WAY SPAGHETTI

30

GRILLED CHEESE
& SOUP

31

MEATBALL SUB

NOVEMBER 1

HOT HAM & CHEESE

4

RIB-B-Q

5

MINI CORN DOGS

6

MAC & CHEESE BAR

7

HOT PRETZEL & CHEESE

8

BAKED FISH

11

CHICKEN FAJITA

12

CALZONE

13

SOFT TACO

14

GRILLED CHEESE & SOUP

15

QUESIDILLA

18

PULLED BBQ PORK

19

TURKEY SANDWICH

20

MAC & CHEESE BAR

21

**THANKSGIVING
MEAL**

22

BURRITO

25

HOT POCKET

26

SOFT TACO

27

NO SCHOOL

28

NO SCHOOL

29

NO SCHOOL

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYERS