

Saraland Middle School

November 2019



Breakfast

- 1st Hot Cereal, Pancake On a Stick
- 4th Pancake, Sausage
- 5th Smoothie, Muffin
- 6th Hot Cereal, Omelet, Cheese Toast
- 7th Sausage Biscuit
- 8th Hot Cereal, Breakfast Pizza
- 12th Parfait, Muffin
- 13th Hot Cereal, Breakfast Pizza
- 14th Sausage Biscuit
- 15th Hot Cereal, Pancake On a Stick
- 18th French Toast, Sausage
- 19th Ham & Egg Croissant
- 20th Hot Cereal, Eggs, Bacon, Muffin
- 21st Sausage Biscuit
- 22nd Hot Cereal, Sausage Cheese Toast

Mon	Tue	Wed	Thu	Fri
				1 Pizza, Broccoli w/Cheese, Fresh Veggies, Rice Krispy Treat
4 Chicken Bites, Green Beans, Roll, Fresh Veggies	5 Pizza, Broccoli, Fresh Veggies, Animal Crackers	6 Hot Pocket, Corn, Chips, Fresh Veggies, Graham Crackers	7 Sub Sandwich, Broccoli, Chips Fresh Veggies, Cookie	8 Thanksgiving Dinner
11 Holiday	12 Chicken Sandwich, Fries, Broccoli, Fresh Veggies	13 Chili Crispito w/ Cheese, Corn, Black Beans, Fresh Veggies	14 Salisbury Steak w/ Gravy, Potatoes, Green Beans, Roll	15 Gumbo w/ Rice or Corndog, Corn, Potato Salad, Cinnamon Bun Bun
18 Nachos w/ Cheese, Corn, Black Beans, Fresh Veggies	19 BBQ Sandwich, Baked Beans, Slaw, Fresh Veggies	20 Hot Dog w/ Chili, Slaw, Fries, Fresh Veggies, Cookie	21 Chicken Alfredo, Broccoli, Roll, Fresh Veggies	22 Pizza, Corn, Fresh Veggies
25	Thanksgiving Holidays			29

Offered Daily with Meals:
 Cereal & Toast with Breakfast
 Lunch & Breakfast: Unflavored 1% Low Fat, Unflavored Skim, Fat Free Flavored Milk.
 Fruit & Juice served daily.
 Alternate Lunch Meal:
 Chef Salad
 Menu subject to change due to deliveries.