







# Cyclone High School Menu

Student 2nd Entree: \$2.15

Peanut Butter and Jelly is available everyday as an entree choice

**BREAKFAST** is offered daily and includes assorted cereal, juice, milk and entree listed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>No School</b>
Breakfast: Cinni Mini	Breakfast: Egg, Sausage and Cheese on English Muffin	Breakfast: Mini Pancake	Breakfast: Ham Egg and Cheese on Muffin	Breakfast: Fruit Smoothie
<b>Chicken Parmesan with Spaghetti</b> or Turkey Sub or Southwest Salad Green Beans Garlic Breadstick Fruit Cocktail <b>4</b>	<b>Dominos Pizza</b> or Tuna Sub or Chicken Caesar Salad Garden Salad with Fresh Vegetables Broccoli Cheese Soup Diced Pears <b>5</b>	<b>Early Dismissal Chicken Quesadilla</b>  Baby Carrots  Fruit Cup <b>6</b>	<b>Early Dismissal Chicken Patty on Roll</b>  Baby Carrots  Fruit Cup <b>7</b>	<b>Cheese Ravioli with Meat Sauce</b> or Ham Sub or Caesar Salad Maple Glazed Carrots Garlic Knot Orange Slices <b>8</b>
<b>Veterans Day</b> <b>No School</b>  <b>11</b>	Breakfast: Cinni Mini <b>Asian Chicken and Rice</b> or Tuna Sub or Chicken Caesar Salad Steamed Broccoli Diced Peaches Corn Fruit Cup <b>12</b>	Breakfast: Egg, Sausage and Cheese on English Muffin <b>Breaded Pork Steak with Dinner Roll</b> or Ham Sub or Summer Salad Mashed Potato with Gravy Mixed Vegetables Diced Pears <b>13</b>	Breakfast: WG Donut <b>Pizza</b> or Turkey Sub or Cobb Salad Garden Salad with Fresh Vegetables Peaches Chicken Noodle Soup Carrots <b>14</b>	Breakfast: Fruit Smoothie <b>Spicy Chicken Patty on Roll</b> or Ham Sub or Caesar Salad Lemon Pepper Broccoli Sweet Potato Fry Fruit Cocktail <b>15</b>
Breakfast: Cinni Mini <b>Bosco Sticks</b> or Turkey Sub or Southwest Salad 3 Bean Salad Fruit Ice Applesauce Marinara Dipping Sauce <b>18</b>	Breakfast: Egg, Sausage and Cheese on English Muffin <b>Tacos with Nacho Chips or Soft Shell</b> or Ham Sub or Summer Salad Refried Beans Lettuce and Cheese Cup Diced Pears Corn Bread Muffin <b>19</b>	Breakfast: Breakfast Pizza <b>Individual Pan Pizza</b> or Ham Sub or Summer Salad Garden Salad with Fresh Vegetables Peaches <b>20</b>	Breakfast: Ham Egg and Cheese on Muffin <b>Thanksgiving Dinner</b> <b>Roast Turkey with Mashed Potatoes</b> Stuffing and Dinner Roll Sweet Potatos/Corn Cranberry Sauce Apple Crisp/ Ice cream Treat <b>21</b>	Breakfast: Fruit Smoothie <b>Orange Sesame Chicken and Rice</b> or Ham Sub or Caesar Salad  Carrots Orange Slices <b>22</b>
Breakfast: Cinni Mini <b>Cheeseburger on Roll</b> or Turkey Sub or Southwest Salad Baked Beans French Fries/Onion Rings  Fruit Cup <b>25</b>	Breakfast: Egg, Sausage and Cheese on English Muffin <b>Popcorn Chicken Bowl with Mashed Potatoes and Dinner Roll</b> or Tuna Sub or Chicken Caesar Salad  Corn  Diced Pears <b>26</b>	<b>No School</b>  Enjoy	<b>No School</b>  Thanksgiving	<b>No School</b>  Recess

USDA IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER Milk available daily: Fat free, 1% and Fat free chocolate Menu subject to change without notice  
Please be advised if your child/children have food allergies, foods served may contain ingredients your child is allergic to. For more specific information, please contact the School Nutrition Program Director.

**Make every Forkful Count:**

Healthy Celebrations, Lasting Memories:

<b>Create Fun Food:</b> Use cookie cutters to make theme shapes in food	<b>Get Moving:</b> Plan activities too such as outdoor games	<b>Get Colorful:</b> Choose Fruits or Veggies with color that fit the season	<b>Go Simple with Drinks:</b> Water and Low Calorie Drinks are best; Choose Colored Cups	<b>Decorate Together:</b> Create Centerpieces, placemats, or garlands to decorate your table
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