

Cordova School lunch menu

PROUDLY BROUGHT TO *The Cordova Times* BY



NOVEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All students must have AT LEAST 1/2 cup fruits or vegetables with each meal</p>			<p>BREAKFAST 1 Biscuits & Gravy Fruit/Milk</p> <p>LUNCH Alaskan Pollock Fish Sticks/ Dinner Roll/ Cole Slaw/F&V Bar/ Milk</p>	<p>BREAKFAST 2 Cereal/Yogurt/Fruit Juice/Milk</p> <p>LUNCH Chicken Burger/ French Fries/ Fruit & Veggie Bar/Milk</p>
<p>BREAKFAST 5 Waffles/Ham/Fruit & Milk</p> <p>LUNCH Chicken Tenders/Rice/ Steamed Broccoli/Fruit & Veggie Bar/Milk Sandwich of the week- Turkey Sub</p>	<p>BREAKFAST 6 French Toast Sausage/Fruit/Milk</p> <p>LUNCH Grilled Cheese/ Tomato Soup/ Crackers/Fruit & Veggie Bar/ Milk</p>	<p>BREAKFAST 7 Cinnamon Roll/Yogurt Fruit/Milk</p> <p>LUNCH Pizza/Tossed Salad/ Fruit & Veggie Bar Cookie/Fruit /Milk</p>	<p>BREAKFAST 8 Biscuits & Gravy Fruit/Milk</p> <p>LUNCH Beefy Italian Dunkers/ Corn/Fruit & Veggie Bar/Milk</p>	<p>BREAKFAST 9 Cereal and Yogurt/Juice Fruit/Milk</p> <p>LUNCH Hamburger Garlic Roasted Potatoes/Fruit & Veggie Bar/ Milk</p>
<p>BREAKFAST 12 Waffles/Sausage/ Yogurt/Fruit/Milk</p> <p>LUNCH Chili and Cheese Nacho/Green Beans/ Fruit & Veggie Bar/ Milk/ Sandwich of the week- Ham and Cheese</p>	<p>BREAKFAST 13 Scrambled Eggs/ Toast/Fruit/Milk</p> <p>LUNCH Chicken Fajitas/ Refried Beans/Fruit & Veggie Bar/Milk</p>	<p>BREAKFAST 14 Bagel/cream cheese/ Yogurt Fruit/Milk</p> <p>LUNCH Pizza/Tossed Salad/ Fruit & Veggie Bar Brownie/Fruit /Milk</p>	<p>BREAKFAST 15 Biscuits & Gravy Fruit/Milk</p> <p>LUNCH Crispy King Salmon Fingers/Rice/Cole Slaw/Fruit and Veggie Bar/Milk</p>	<p>BREAKFAST 16 Cereal, yogurt, fruit juice & milk</p> <p>LUNCH BBQ pulled Pork/Tater Tots/Cole Slaw/Fruit and Veggie Bar/Milk</p>
<p>BREAKFAST 19 French Toast/Sausage/ Fruit/Milk</p> <p>LUNCH Teriyaki Chicken, Rice / Steamed Broccoli/Fruit & Veggie Bar/Milk Sandwich-Tuna Salad</p>	<p>BREAKFAST 20 Scrambled Eggs/ Toast/Fruit/Milk</p> <p>LUNCH Turkey and Gravy over noodles/Fruit & Veggie Bar/Milk</p>	<p>BREAKFAST 21 Cinnamon Roll/Yogurt Fruit/Milk</p> <p>LUNCH Pizza/Tossed Salad/ Fruit & Veggie Bar/ Milk</p>	<p>Happy Thanksgiving</p>	
<p>BREAKFAST 26 Waffles/Sausage/ Yogurt/Fruit/Milk</p> <p>LUNCH Chicken Nuggets/ Mac & Cheese/Fruit & Veggie Bar/ Milk Sandwich-Italian Sub</p>	<p>BREAKFAST 27 Pancakes/Fruit/Milk</p> <p>LUNCH Chicken and Cheese Quesadilla/Refried Beans/Fruit and Veggie Bar/Milk</p>	<p>BREAKFAST 28 Bagel/cream cheese/ Yogurt/Fruit/Milk</p> <p>LUNCH Pizza/Tossed Salad/ Fruit & Veggie Bar Brownie/Fruit /Milk</p>	<p>BREAKFAST 29 Biscuits & Gravy Fruit/Milk</p> <p>LUNCH Crispy King Salmon Fingers/Rice/Cole Slaw/Fruit & Veggie Bar/Milk</p>	<p>BREAKFAST 30 Cereal/Yogurt/Fruit Juice/Milk</p> <p>LUNCH Chicken Burger/French Fries/ Fruit & Veggie Bar/Milk</p>

Breakfast and Lunch are FREE for K-12 Students

Preschool Lunches at Mt. Eccles are \$3 Breakfast \$2

Adults can eat at both campuses, please contact school office to let them know you are coming by 9:30 am.

Adult/Visitor Lunch \$5.50 Breakfast \$3

TRIBES Agreements - Mutual Respect, Attentive Listening, Appreciation/No Put Downs, Right to Pass
Check out our Mt. Eccles Elementary & Cordova Jr. /Sr. High School Facebook pages at the Cordova School District web site
- <http://www.cordovasd.org/Domain/9>

Cordova School District is an Equal Opportunity Provider and Employer