



Myrtle Creek Elementary Menu November 2024

Everyday Breakfast Choices

Bagel w/Cream, Oatmeal, Cold Cereal, Fruit and 1% White Milk or Skim White Milk

(Toast or string cheese offered daily with cereal)
Students must choose 3 of 4 Breakfast Items
1 MUST BE FRUIT, A Minimum of a ½ cup

Everyday Options:

Monday: Cheeseburger or Veggie Burger (v) on WG Bun Tuesday: Chicken Nuggets w/WW Roll Wednesday: Oven Baked Corn Dog Thursday: Oven Baked Chicken Burger Friday: Scratch Made Pepperoni or Cheese Pizza

Everyday Lunch Choices Subs, Sandwiches & Wraps

*Mon: Ham & Cheese Sandwich *Tues: American Sub *Wed: Italian Sub *Thurs: Crispy Chicken Wrap *Fri: Egg Salad Sandwich

*Everyday: PB&J Sandwich

Daily Offering Bar Features: Salad Offered Daily Fresh & Canned Fruits & Vegetables

Breakfast and lunch are available at No Charge to Students

Daily Offering Bar Features: fresh & canned fruits & vegetables daily 1% white milk or fat free chocolate milk. All grains offered are whole grain.

Lunch: Students must choses 3 of the 5 components & 1 Must be a ½-cup of Fruit or Vegetable (v) Vegetable (v) Lunch: Bean and Cheese Burrito Offered With: - Thick & Chunky Salsa (v) Veterans By ND SCHOOL II Preakfast: Tony's Sausage Breakfast: Tony's Sausage Breakfast: Cheese Egg, Ham & Preakfast: Lunch: Spaghetti & Meat sauce W/ WG Roll II Preakfast: Tony's Sausage Breakfast: Cheese Egg, Ham & Preakfast: Lunch: Spaghetti & Meat sauce W/ WG Roll II Preakfast: Tony's Sausage Breakfast Prizza Breakfast: Cheese Egg, Ham & Preakfast: Lunch: Spaghetti & Meat sauce W/ WG Roll II I			10 m		
Breakfast: Waffles, Mini Maple (v) Lunch: Bean and Cheese Burrito Offered With: - Thick & Chunch Box Veterans Day ND SCHDDL II Breakfast: Thick Southwest Soft Taco Offered With: - Tomato and Shredded Lettuce Salad Breakfast: Breakfast: Breakfast: Breakfast Protein Power Up Pack Lunch: Spaghetti & Meat sauce W/ WG Roll Lunch: Spaghetti & Meat sauce W/ WG Roll Breakfast: Cheese Sauce (v) Breakfast: Cheese Sauce (v) Breakfast: Cheese Sauce W/ WG Roll Breakfast: Lunch: Spaghetti & Meat sauce W/ WG Roll Breakfast: Cheese Seg., Ham & Potato Breakfast: Cheese Seg., Ham & Potato Breakfast Bowl w/Toast Lunch: Southwest Soft Taco Offered With: - Tomato and Shredded Lettuce Salad Breakfast: Breakfast: Cheese Lunch: Spaghetti & Meat sauce W/ WG Roll Breakfast: Cheese Seg., Ham & Potato Breakfast: Cheese Seg., Ham & Potato Breakfast Bowl w/Toast Lunch: Southwest Soft Taco Offered With: - Garlic Knot Breakfast Bowl w/Toast Lunch: Cheese Quesadilla (v) Lunch: Chicken & Waffles W/Syrup Breakfast: Banana Muffin Top Carvy Lunch: Turkey Gravy over Mashed Potatoes offered with Stuffing & WG Roll Lunch: Cheese Breakfast: W/Marinara (v) Lunch: Cheese Breakfast: Banana Muffin Top Carvy Lunch: Cheese Breakfast: Banana Muffin Carvy Lunch: Cheese Breakfast: Banana Muffin Top Carvy Lunch: Cheese Breakfast: Banana Muffin Carvy Lunch:		3 of the 5 components & 1 Must be a ½ cup of Fruit or Vegetable	WINDHESS		Squares (v) Lunch: Sloppy Joe w/Fries
W/Toast(v) Lunch: Bean and Cheese Burrito Offered With: - Thick & Chunky Salsa (v) Veterans Day ND SCHOOL Lunch: Southwest Soft Taco Offered With: - Tomato and Shredded Lettuce Salad Breakfast: BeneFIT Bar on a Stick Lunch: Beefy Macaroni w/ WG Roll WG Roll Muffin Power Up Pack Lunch: Spaghetti & Meat sauce W/ WG Roll Lunch: Spaghetti & Meat sauce W/ WG Roll W/Honey Graham Crackers (v) Lunch: Spaghetti & Meat sauce W/ WG Roll W/Honey Graham Crackers (v) Lunch: Spaghetti & Meat sauce W/ WG Roll Breakfast: Cheese Sauce (v) Breakfast: Cheese Early All Speakfast: Lunch: Sausage and Egg Breakfast: Whole Grain Cinnamon Roll with Icing (v) Lunch: Cheese Quesadilla (v) Cffered With: - Garlic Knot Breakfast: Sausage Pancake on a Stick Lunch: Beefy Macaroni w/ WG Roll Breakfast: Biscuit w/ Sausage Gravy Lunch: Bean & Cheese Nachos (v) Lunch: Texas Frito Chili Pie Lunch: Cheese Quesadilla (v) Lunch: Turkey Gravy over Mashed Potatoes offered with Stuffing & WG Roll W/Honey Graham Crackers (v) Lunch: Big City Bites- Terryaki Chicken Brown Rice Bowl W/Honey Lunch: Spaghetti & Meat sauce W/ WG Roll W/Honey Graham Crackers (v) Lunch: Spaghetti & Meat sauce W/ WG Roll Breakfast: Unch: Sausage and Egg Breakfast: Burrito Lunch: Cheese Quesadilla (v) Lunch: Cheese Quesadilla (v) Lunch: Chicken & Waffles W/Syrup Top Top Top Lunch: Pretzel and Cheese Sauce (v) Breakfast: Cheese Spaghetti & Meat sauce W/ WG Roll Breakfast: Unch: Sausage and Egg Breakfast: Breakfast: Whole Grain Cinnamon Roll with Icing (v) Lunch: Cheese Quesadilla (v) Lunch: Cheese Quesadilla (v) Lunch: Chicken & Waffles W/Syrup Lunch: Texas Frito Chili Pie Lunch: Beafy Macaroni w/ WG Roll Lunch: Sausage Breakfast: Bould Spaghetti & Meat Sauce W/ WG Roll Breakfast: Lunch: Sausage and Egg Breakfast: Dunch: Sausage and Egg Breakfast: Dunch: Cheese W/Syrup Lunch: Cheese Quesadilla (v) Lunch: Cheese Quesadilla (v) Lunch: Chicken & Waffles W/Syrup Lunch: Texas Frito Chili Pie Lunch: Sausage Breakfast: Bould Spaghetti & Meat Spaghetti & Meat S	4	5		7	
Breakfast: Tony's Sausage Breakfast: Cheesy Egg, Ham & Potato Breakfast Bowl w/Toast Lunch: Southwest Soft Taco Offered With: - Tomato and Shredded Lettuce Salad Breakfast: Cheesy Egg, Ham & Potato Breakfast Bowl w/Toast Lunch: Popcorn Chicken Bowl Offered With: - Garlic Knot Breadstick Breakfast: Sausage Pancake on a Stick Breakfast: BeneFIT Bar Oracle Beefy Macaroni w/ WG Roll Breakfast: Cheesy Egg, Ham & Potato Breakfast Bowl w/Toast Lunch: Cheese Quesadilla (v) Lunch: Chicken & Waffles W/Syrup Breakfast: Sausage Pancake Scrambled Eggs Breakfast: Banana Muffin Top Lunch: Texas Frito Chili Pie Lunch: Beefy Macaroni w/ WG Roll Z5 Z6 Z7 Z8 Z8 Z9 Z8 Z9 Z8 Z9 Z8 Z9 Z8 Z9 Z8 Z8	(v) Lunch: Bean and Cheese Burrito Offered With: - Thick & Chunky Salsa (v)	w/Toast(v) Lunch: EZ Pizza Bento Lunch Box	Muffin Lunch: Pretzel and Cheese Sauce (v)	Power Up Pack Lunch: Spaghetti & Meat sauce W/ WG Roll	w/Honey Graham Crackers (v) Lunch: Big City Bites- Teriyaki Chicken Brown Rice Bowl w/Broccoli
Breakfast Pizza Lunch: Southwest Soft Taco Offered With: - Tomato and Shredded Lettuce Salad Breakfast: Sausage Pancake on a Stick Lunch: Texas Frito Chili Pie Breakfast: BeneFIT Bar WG Roll Breakfast: BeneFIT Bar Subscieve Washing Acaroni w/ WG Roll Breakfast: BeneFIT Bar Subscieve Washing Acaroni w/ WG Roll Breakfast: BeneFIT Bar Subscieve Washing Acaroni w/ WG Roll Breakfast: BeneFIT Bar Subscieve Washing Acaroni w/ WG Roll Breakfast: BeneFIT Bar Subscieve Washing Acaroni w/ WG Roll Breakfast: BeneFIT Bar Subscieve Washing Acaroni w/ WG Roll Breakfast: BeneFIT Bar Subscieve Washing Acaroni w/ WG Roll Breakfast: BeneFIT Bar Subscieve Washing Acaroni w/ WG Roll Cinnamon Roll with Icing (v) Lunch: Chicken & Waffles W/Syrup Lunch: Chicken & Waffles W/Syrup 20 21 22 Breakfast: Pancakes & Scrambled Eggs Top Lunch: Turkey Gravy over Mashed Potatoes offered with Stuffing & WG Roll Lunch: Chicken & Waffles W/Syrup	Veterans Day NO SCHOOL 11	i.e	is .		.0
Breakfast: Sausage Pancake on a Stick Lunch: Texas Frito Chili Pie Lunch: Beefy Macaroni w/ WG Roll Breakfast: Biscuit w/ Sausage Gravy Breakfast: Pancakes & Scrambled Eggs Lunch: Turkey Gravy over Mashed Potatoes offered with Stuffing & WG Roll Eunch: Turkey Gravy over Mashed Potatoes offered with Stuffing & WG Roll 25 26 27 28 29 29		Breakfast Pizza Lunch: Southwest Soft Taco Offered With: - Tomato and Shredded	& Potato Breakfast Bowl w/Toast Lunch: Popcorn Chicken Bowl Offered With: - Garlic Knot	and Egg Breakfast Burrito	Cinnamon Roll with Icing (v) Lunch: Chicken & Waffles
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	on a Stick Lunch: Texas Frito Chili Pie	Lunch: Beefy Macaroni w/ WG Roll	Gravy Lunch: Bean & Cheese Nachos (v)	Scrambled Eggs Lunch: Turkey Gravy over Mashed Potatoes offered with Stuffing & WG Roll	Top Lunch: Cheesy Breadsticks w/Marinara (v)
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This institution is an equal opportunity provider.





