















Available Daily:  
 -Yogurt & Cheese -Baby Carrots  
 Stick with Homemade - Apples  
 Granola  
 -Sunbutter & Jelly w String Cheese



# Jameson Elementary School



## November Lunch Menu

<p>Milks Choices:        1% Milk        Skim Milk        Chocolate Milk</p>	<p><b>1</b>        Chicken &amp; Waffles        Roasted Maine Broccoli        Bananas</p>  	<p><b>2 EARLY RELEASE DAY</b>        Bosco Sticks with        Marinara        Baby Carrots        Apples</p>	<p><b>3 BRUNCH FOR LUNCH</b>        Cheese Omelet or Turkey        Sausage with French        Toast Sticks        Hash Brown Rounds        Orange Slices</p>	<p><b>4</b>        Chicken Nuggets with        Cheesy Breadstick        Steamed Peas        Roasted Chickpeas        Mixed Fruit</p>
<p><b>7</b>        Garlic Parmesan Flatbread        Fresh Maine Broccoli with        Dip        Grapes</p>  	<p><b>8</b>        Cheese Tortellini with        Garlic Knot        Garlic Roasted Green        Beans        Sliced Watermelon</p>	<p><b>9</b>        Chicken Quesadilla        Fiesta Lime Corn        Fresh Pears</p>	<p><b>10</b>        Ham &amp; Cheese Melts on        Croissants        Baked Sweet Potato Fries        Pineapple</p>	<p><b>11</b></p> 
<p><b>14</b>        Baked Mozzarella Sticks        with Marinara        Red Pepper Slices        Mixed Fruit</p>	<p><b>15 Thanksgiving Meal</b>        Roasted Turkey w Gravy        Dinner Rolls        Stuffing Cranberry Sauce        Garlic Roasted Green Beans        Mashed Potatoes        Homemade Apple Crisp</p>	<p><b>16</b>        Popcorn Chicken        Soft Pretzel        Celery Sticks        Orange Slices</p>	<p><b>17</b>        Hot Dogs        Baked Beans        Sliced Honeydew Melon</p>	<p><b>18</b>        Big Daddy's Pizza        Roasted Maine Broccoli        Diced Pears</p>  
<p><b>21</b>        Grilled Cheese        Tomato Soup        Cantaloupe</p>	<p><b>22</b>        Macaroni &amp; Cheese        Dinner Roll        Rosemary Roasted        Maine Cauliflower        Mixed Fruit</p>  	<p><b>23</b></p> 	<p><b>24</b></p> 	<p><b>25</b></p> 
<p><b>28</b>        Cheese Bites with        Marinara        Steamed Green Beans        Diced Peaches</p>	<p><b>29 TACO DAY</b>        Ground Beef Taco        Brown Rice        Refried Beans        Apples</p>	<p><b>30</b>        Chicken Drumstick with        Dinner Roll        Mashed Potatoes        Grapes</p>	 <p>November's Harvest        of the Month is        Maine Brassicas</p> 	

This institution is an equal opportunity provider .

Menu is subject to change.

Available Daily:  
-Assorted Cereal with Cheese



# Jameson Elementary School November Breakfast Menu



Milks Choices:  
1% Milk  
Skim Milk

	1 Sausage, Egg, and Cheese Breakfast Sandwich 100% Fruit Juice	2 Blueberry Muffins Applesauce	3 Bagel & Cream Cheese 100% Fruit Juice	4 Apple Cinnamon Muffin Diced Peaches
7 Pancake Wrapped Turkey Sausage 100% Fruit Juice	8 Banana Bread Diced Pears	9 Breakfast Pizza 100% Fruit Juice	10 Banana Chocolate Chip Breakfast Bars Diced Peaches	11 
14 Blueberry Muffin Flat 100% Fruit Juice	15 French Toast Sticks Applesauce	16 Egg & Cheese Breakfast Sandwich on a Waffle Flatbread 100% Fruit Juice	17 UBR Breakfast Bar Apple Slices	18 Mini Cinnis Diced Peaches
21 Corn Muffins 100% Fruit Juice	22 Banana Muffin Flats Applesauce	23 	24 	25 
28 Pumpkin Bread 100% Fruit Juice	29 Sausage, Egg, and Cheese Breakfast Sandwich 100% Fruit Juice	30 Blueberry Muffins Pineapple Cups	 Follow us on Facebook at RSU 23 Food & Nutrition Services	

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