

 **BREAKFAST**

 **LUNCH**

# NOVEMBER 2018

Heard Middle School

Menus are subject to change.  
This is an equal opportunity provider.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Breakfast** **5**  
Pop-Tart w/ Strawberry Yogurt

**Lunch**  
Hot Dog  
Chicken Sandwich  
Cheese Chef Salad  
Fries

**Breakfast** **6**  
Sausage Biscuit

**Lunch**   
Nachos Grande w/ Cheese Sauce  
Taco Salad Bowl  
Cheesy Refried Beans

**Breakfast** **7**  
Glazed Donut

**Lunch**  
Chicken Noodles w/ Grilled Cheese  
Meatball Sub  
Braves Box – Yogurt and Cheese  
Roasted Carrots

**Breakfast** **8**  
Pancake on a Stick

**Lunch**   
Southern Pork Roast w/ Roll  
Chef Salad  
Turnip Greens, Mashed Potatoes

**Breakfast** **9**  
Chicken Biscuit

**Lunch**  
Stuffed Crust Pizza  
Stuffed Breadsticks  
Cheese Chef Salad  
Broccoli

**Breakfast** **12**  
Mini Maple Waffles

**Lunch**  
Cheeseburger  
Chili Dog  
Chef Salad  
Waffle Fries

**Breakfast** **13**  
Sausage Biscuit

**Lunch**   
Teriyaki Chicken w/ rice  
Buffalo Chicken Salad  
Broccoli

**Breakfast** **14**  
Frosted Cinnamon Bun

**Lunch**   
Corn dog w/ Chips  
Chicken Tenders w/ Stuffed Breadstick  
Baked Beans

**Breakfast** **15**  
Mini Cinnis

**Thanksgiving Dinner**  
Turkey w/ Cornbread Dressing/Roll  
Corn, Green Beans, Mashed Potatoes  
Peach Cobbler

**Breakfast** **16**  
Chicken Biscuit

**Lunch**  
Stuffed Crust Pizza  
Nachos Grande w/ Cheese Sauce  
Cheesy Refried Beans,  
Black Bean Corn Salsa

**19**  
No School

**20**  
No School

**21**  
No School

**22**  
No School

**23**  
No School

**Breakfast** **26**  
Pop-Tart w/ Strawberry Yogurt

**Lunch**  
Hickory Fries w/ Roll  
Chicken Alfredo w/ Stuffed Breadstick  
Broccoli

**Breakfast** **27**  
Sausage Biscuit

**Lunch**   
Chicken Bites w/ Mac and Cheese  
Cheese Chef Salad  
Green Beans, Baked Beans

**Breakfast** **28**  
Glazed Donut

**Lunch**  
Fresh Toast w/ Sausage  
Pancake on a Stick w/ Cheese Grits  
Blueberry Parfait  
Tater Tots

**Breakfast** **29**  
Pancake on a Stick

**Lunch**   
Chili Cheese Fries  
Braves Box – Yogurt and Cheese  
Pinto Beans

**Breakfast** **30**  
Chicken Biscuit

**Lunch**  
BBQ Chicken w/ Roll  
Popcorn Chicken w/ Roll  
Chef Salad  
Mashed Potatoes, Corn

Served daily at Breakfast: Assorted Fresh Fruit, Assorted Juice, Assorted Milk

Served daily at Lunch: Assorted Fresh Fruit, Assorted Chilled Fruit, Assorted Milk, Assorted Fresh Vegetables

 **PAY FOR MEALS ONLINE**  
[MySchoolBucks.com](http://MySchoolBucks.com)

