

Harrah Middle School November 09

MIDDLE SCHOOL - NOVEMBER 2009 MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
11/2/09	11/3/09	11/4/09	11/5/09	11/6/09
Pancakes, syrup, juice, milk	Biscuit w/wo gravy, juice, milk	Muffins, juice, milk	Eggs, toast, juice, milk	Biscuit w/wo gravy, juice, milk
Hamburger	Hamburger	Chef Salad	Mazzio's Pizza	Burrito's
Chef Salad	Chef Salad	Beef Fingers	Stromboli	Chef Salad
Nuggets	Meatloaf	Chick Filet	Chef Salad	Vegetable Beef Soup
Tator Tot OR	French Fries OR	Tator Tot OR	Tator Tots	Grilled Cheese
Broccoli & Cauliflower Florets	mashed pot. w/wo gravy	Fresh Veggies, & Dip	Lettuce, Tomato, Pickle	French Fries
mashed potatoes w/wo gravy	Lettuce, Tomato, Pickles	mashed potatoes w/wo gravy	Salad	Pickle Spears
Green Beans	Refried Beans	Green Beans	Carrot & Celery Stix	Spanish Rice
Orange	Peaches	Fresh Fruit	Fresh Fruit	Jello w/ Fruit
Hot Roll	Bread stick	Oatmeal Cookie	Corn	Peaches
Strawberries & Bananas	Oatmeal Raisin Cookie	Wheat Roll	Brownie	Wacky Cake
Milk & Condiments	Milk & Condiments	Milk & Condiments	Milk & Condiments	Milk & Condiments
11/9/09	11/10/09	11/11/09	11/12/09	11/13/09
Sausage stix, syrup, juice, milk	Biscuit w/wo gravy, juice, milk	Cinnamon Roll, juice, milk	Sausage Biscuit, juice, milk	Biscuit w/wo gravy, juice, milk
Chef Salad	Chef Salad	Chic Filet	Pizza Mazzio's	Chef Salad
Fish	Baked Potato Bar	Corndog	Chef Salad	Beef Fingers
Sliced Ham	Stromboli	Ravioli	Wiener Wraps	Chicken & Noodles
French Fries	French Fries	French Fries	French Fries	French Fries OR
Macaroni & Cheese	Mashed Potatoes, gravy	Veggies w/wo dip	Salad	Mashed Potatoes, gravy
Salad	Corn	Salad	Corn	Corn
Peaches	Fresh Fruit	Fruit Cocktail	Rosy Applesauce	Fresh Fruit
Fresh Fruit	Hot Roll	Fresh Fruit	Fresh Fruit	Wheat Roll
Wheat Roll	Rice Krispy Cookie	Wacky Cake	Apple Crisp	No Bake Cookie
Milk	Milk	Milk	Milk	Milk & Condiments
11/16/09	11/17/09	11/18/09	11/19/09	11/20/09
Oatmeal, toast, juice, milk	Biscuit w/wo gravy, juice, milk	Muffins, juice, milk	Eggs, toast, juice, milk	Biscuit w/wo gravy, juice, milk
Chef Salad	Chef Salad	Sliced Turkey	Mazzio's Pizza	Hot Dog w/wo Chili
Hamburger	Hamburger	Sliced Ham	Frito Chili Pie	Nacho's w/o Chili
Chicken Fajita	Soft Taco's	Mashed Potatoes w/wo gravy	Chef Salad	Chef Salad
French Fries	French Fries	Dressing	French Fries	French Fries
Refried Beans	Salad	Sweet Potatoes	Fresh Fruit	Lettuce, Tomato
Lettuce, Tomato, Pickles	Corn	Green Beans	Corn	Pinto's w/ Cheese
Peaches	Peaches	Strawberries & bananas	Peaches	Carrot Sticks
Fresh Fruit	Wheat Roll	Pumpkin Pie	Chocolate chip Cookie	Pudding
Oatmeal Raisin Cookie	Butter Cream Frosted Cake	Wheat Roll	Jello with Fruit	Fresh Fruit
Milk & Condiments	Milk	Milk	Milk & Condiments	Milk & Condiments

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11/23/09	11/24/09			
Waffle, syrup, juice, milk	Biscuit w/wo gravy, juice, milk			
Chicken Sandwich	Corn Dog			
BBQ Weiners	Chef Salad			
Chef Salad	Cheeseburger	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break
French Fries	French Fries	No School	No School	No School
Cornbread	Fresh Fruit			
Rosy Applesauce	Carrot & Celery Stix			
Fresh Fruit	Corn			
Rice Crispy Cookie	Jello w/fruit			
Pudding	Wacky Cake			
Milk	Milk & Condiments			
11/30/09				
Oatmeal, toast, juice, milk				
Chef Salad				
Chicken Pot Pie				
Hot Dog w/wo Chili				
French Fries				
Jello w/fruit				
Peaches				
Fresh Fruit				
Wheat Roll				
Milk				