



NOVEMBER

~Menu subject to change due to deliveries~

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

		Mon	Tue	Wed	Thu	Fri		
					1	2	3	
					Biscuit & Gravy Chicken Sandwich Tots Strawberry Ice Cream			Replace any main dish with: ↓ ↓ ↓
	4	5	6	7	8	9	10	
		Bagel Meatball Sub Green Beans Fresh Cucumbers Fruit & Salad Bar	Oatmeal Spicy Chicken Nachos Ranch Beans Fruit & Salad Bar	BK Burrito BBQ or Spicy Hot Chicken Strips Parsley Potatoes Cheesy Broccoli Fruit & Salad Bar	Biscuit & Gravy Hot Dog Fries Baked Beans Fruit & Salad Bar			A cold deli sandwich
	11	12	13	14	15	16	17	↓ OR ↓
Free seconds on all veggies and sides!! 		Bagel Hamburger Potato Wedges Fruit & Salad Bar	Pancake on a Stick Twin Taco's Refried Beans Corn Fruit & Salad Bar	Cereal Thanksgiving Dinner Parents and Grandparents Welcome	Biscuit & Gravy Chicken Ala-King Fresh Broccoli and Carrots Fruit & Salad Bar			A crispy taco salad
	18	19	20	21	22	23	24	↓ OR ↓
Milk offered with EVERY meal! 		Bagel Ham Sub Baked Beans Apple Fruit & Salad Bar	Oatmeal Chicken Quesadilla Refried Beans Corn Fruit & Salad Bar	THANKSGIVING BREAK	THANKSGIVING BREAK			A fresh chef salad bar
	25	26	27	28	29	30		↓ OR ↓
		Bagel BBQ Chicken Sandwich Smiley Fries Fruit & Salad Bar	Ham & Cheese English Muffin Baked Potato Bar Fruit & Salad Bar	BK Burrito Papa Murphy's Pizza Carrots Fruit & Salad Bar	Biscuit & Gravy Corn Dog Macaroni Salad Fruit Slushie			A fruit salad

START YOUR DAY THE HEALTHY WAY, EAT BREAKFAST EVERYDAY!!!



SARGENT CAFETERIA NEWSLETTER

November food holidays you can celebrate at home!

- Nov. 6th- National Nachos Day
- Nov. 14th- National Guacamole Day
- Nov. 20th- National Peanut Butter Fudge Day
- Nov. 28th- National French Toast Day

On Wednesday October 17th, we celebrated Farm to School day with our Elementary students. We purchased carrots from Weathervane Farm through the Valley Roots Food Hub for our vegetable choice. The kitchen crew cooked some carrots with a sweet glaze sauce, and some they cut into sticks with ranch for all of the kids to try. It went beyond wonderful! I would like to let all of you know how bright our school spirit shined that day. It made me so proud!! We had such a great team that worked like a well-oiled machine. Our Kindergarten teachers had their students color some pictures of carrots for us to hang on our walls. Our Sargent PTO ladies rounded up parent volunteers who helped us decorate and run the event. Our Secondary School Student Council young men and ladies wore costumes of different types of fruit and vegetables. They also decorated the lunchroom and ran the voting station. Derrick in the custodial department helped us set up the tables and chairs. I even talked him into hanging up some of the color pages. Kelli interacted with everyone and took pictures for us. It was great seeing everyone work so good together for our kids!

-Sargent Kitchen Crew

ALA CART

Pizza.....	3.00
Chips.....	1.25
Fruit.....	0.75
Cheese stick.....	1.00
Cookie.....	1.25
Fruit Slushy.....	1.00

PRICES

Breakfast.....	2.00
Elementary Lunch.....	2.75
Secondary Lunch.....	3.00
Adult Lunch.....	3.75
Adult Breakfast.....	2.75

