### Keith Valley Menus
**November 2019**

**Gluten Free Daily Menu Choices**
- **Monday**— Ham and Cheese Sandwich on GF Bread
- **Tuesday**— *Brunch Box*— Chex Mix, Yogurt and a String Cheese w/wo Granola
- **Wednesday**— GF Macaroni and Cheese
- **Thursday**— Grilled Cheese on GF Bread
- **Friday**— GF Chicken Tenders w/wo Granola

**AVAILABLE DAILY**
- **Peanut Butter & Jelly Uncrustable Kit**: with String Cheese and Whole Grain Crackers
- **Muffin/Yogurt Kit**: With String Cheese
- **Salad Bar**: With a Variety of Meat, Cheeses And Vegetable Toppings. Served with a Roll

**Middle School Lunch**
Lunch is $3.00
Choice of Milk Available Everyday.

**Additional Notes**
- This institution is an equal opportunity provider.
- Menus are subject to change.

**Friday November 1**
- **Lunch**
  - Chicken Drumstick w/wo a Side of Mac and Cheese or Mac and Cheese Entree
  - w/wo Dinner Roll Cheese Steak or Steak Sandwich
  - Big Daddy Pizza Assorted Sandwiches
  - Honey Baked Beans
  - Celery Sticks
  - Blueberries
  - Sliced Pears

**Monday Nov. 4**
- **Lunch**
  - Chicken Nuggets w/wo Corn Bread
  - Hot Dog on a WW Bun
  - Chicken Taquitos w/wo Salsa
  - Cheezy Breadsticks (Cheese or Pepperoni)
  - Ham & Cheese Panini
  - BBQ Baked Beans
  - Fresh Zucchini Sticks
  - Peach Slices
  - Raisins

**Tuesday Nov. 5**
- **Election Day**
- **No School**

**Wednesday Nov. 6**
- **Lunch**
  - Mozzarella Cheese Sticks w/wo Sauce
  - Sausage, Egg and Cheese Bagel Sandwich
  - Chick-N Sandwich
  - Big Daddy Pizza
  - Turkey BLT on Wheat
  - Sweet Peas
  - Fresh Cucumbers
  - Applesauce Cup
  - Fresh Orange Wedges

**Thursday Nov. 7**
- **Lunch**
  - Brunch for Lunch
  - Dutch Waffle w/ Sausage Links
  - Chicken and Waffle Bites
  - w/wo Dutch Waffle Fries
  - Cheese Steak or Steak Sandwich
  - Mickey’s Pizza American Hoagie
  - Hash Brown Patties
  - Red Pepper Strips
  - Sweet Peach Slices
  - Mixed Fruit

**Friday November 8**
- **Lunch**
  - Chicken Fries w/wo Texas Toast
  - Spicy Chick-N Sandwich
  - Cheeseburger or Hamburger on Roll
  - Wild Mike’s Cheezy Breadstick Poppers Assorted Sandwiches
  - French Fries
  - Grape Tomatoes
  - Blueberries
  - Fresh Grape Bunch

**Monday Nov. 11**
- **Lunch**
  - Bosco Sticks Mickey’s Pizza Chick-N Sandwich Bacon, Egg and Cheese Sandwich Turkey & Cheese Hoagie
  - BBQ Baked Beans
  - Red Pepper Strips
  - Applesauce Pears

**Tuesday Nov. 12**
- **Lunch**
  - Walking Taco (Tostitos or Doritos) with Seasoned Beef and Cheese
  - Grilled Cheese Sandwich w/wo Tomato Soup
  - Mini-Corn Dogs Mickey’s White Pizza
  - Ham & Cheese Ciabatta
  - Seasoned Corn Black Bean and Corn Salsa Plantains
  - Mandarin Oranges

**Wednesday Nov. 13**
- **Lunch**
  - Oven Baked Breaded Chicken (Drumstick, Thigh or Breast) w/wo Biscuit
  - Nachos to Go
  - Chicken Smacker Sandwich Melt
  - French Bread Pizza Italian Hoagie
  - Waffle Fries
  - Romaine Side Salad
  - Peach Slices
  - Blueberries
<table>
<thead>
<tr>
<th>Thursday Nov. 14</th>
<th>Friday Nov. 15</th>
<th>Monday Nov. 18</th>
<th>Tuesday Nov. 19</th>
<th>Wednesday Nov. 20</th>
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<tbody>
<tr>
<td><strong>Lunch</strong></td>
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<tr>
<td>Rotini Pasta w/wo Meatballs</td>
<td>BBQ or Buffalo Chicken Wings w/wo a Texas Toast Cheese Steak or Steak Sandwich Assorted Calzones Assorted Sandwiches</td>
<td>Chicken Smackers w/wo a side of Mac and Cheese Meatball Sandwich Roast Pork Sandwich w/wo Gravy Mickey’s Pizza Turkey &amp; Cheese on Wheat</td>
<td>Bosco Sticks Cheeseburger, Hamburger or Bacon Cheeseburger Chicken or Cheese Quesadilla Ham &amp; Cheese Hoagie</td>
<td>Crispy Popcorn Chicken w/wo Pretzel Rod Choose Spicy Chick-N Sandwich Pizza Burger Big Daddy Pizza American Hoagie</td>
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<tr>
<td>Cheeseburger, Hamburger or Bacon Cheeseburger Sicilian Pizza Turkey BLT on Wheat Steamed Broccoli Grape Tomatoes Fresh Orange Wedges Fresh Grape Bunch</td>
<td>Seasoned Crinkle Cut Fries Celery Sticks Craisins Baked Cinnamon Apples</td>
<td>Honey Baked Beans Green Pepper Strips Sweet Pears Applesauce Cup</td>
<td>Emoji Fries Side Salad Raisins Peach Slices</td>
<td>Mashed Potatoes Steamed Corn Fresh Orange Wedges Mixed Berries</td>
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**Thursday Nov. 21**

**Lunch**

**Thanksgiving Dinner:**
- Roast Turkey with all the Trimmings
- Or
- Cheese Steak or Steak Sandwich Pizza Bagel Chicken Salad on Wheat

Fresh Cucumbers Sweet Pear Slices Choice of Milk

**Friday Nov. 22**

**Lunch**

**Mexican My Way**
- Tacos w/wo Chicken Or Chicken and Cheese Taquitos Chick-N Sandwich Pepper Jack Cheese Enchiladas Meat Lovers Stromboli Assorted Sandwiches

Steamed Corn Grape Tomatoes Mandarin Oranges Baked Cinnamon Apples

**Monday Nov. 25**

**Lunch**

Popcorn Chicken w/wo Breadstick Cheeseburger, Hamburger or Bacon Cheese Burger Mickey’s Pizza Turkey & Cheese on a Croissant Spiral Fries Fresh Broccoli Blueberries Raisins

**Tuesday Nov. 26**

**Lunch**

Nachos w/ Meat or Bean Cheese Dip w/wo Cheese Spicy Chick-N Sandwich Grilled Cheese Sandwich w/wo Tomato Soup Stuffed Crust Pizza Ham & Cheese Ciabatta

Steamed Corn Black Bean and Corn Salsa Mandarin Oranges Salsa

**Wednesday Nov. 27**

**Lunch**

Chicken Fries w/wo Texas Toast Meatball Sandwich Nachos to Go French Bread Pizza Italian Hoagie

Sidewinder Fries Side Salad Blueberries

**Thursday & Friday**

November 28 And
November 29

Schools Closed

Happy Thanksgiving!

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**THANKSGIVING FEAST**

**November 21st**

Roast Turkey w/ Mashed Potatoes Stuffing, Gravy Green Beans Pumpkin Bread Cranberry Sauce

Choice of Milk

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**DON’T 4 GET!**

Take at least ONE FRUIT or VEGETABLE and at least THREE items total so your meal counts as a complete lunch!