

Montgomery Public Schools

Menus for

# NOVEMBER 2020

F2F or In Person Learning

**In Person**

## TURKEY TROT.

Thanksgiving dinner can add up to 4500 calories in one sitting! But you don't have to just sit there. If we all made a point to take a vigorous walk (or trot!) before and/or after the big meal, we could offset some of those holiday calories – and enjoy some fresh air, too!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

FOR Lunch

Chicken Alfredo  
 OR  
 Chicken Bites

Carrots

Roll

Fruit milk

**Monday, November 2**

**Breakfast**

Pizza  
 Assorted Cereal  
 Fruit & Milk

**Lunch**

Chicken & Rice  
 Casserole w/ Roll  
 Steak Nuggets  
 Glazed Carrots  
 Fruit Milk  
 Carrots  
 Roll  
 Chicken Alfredo  
 Chicken Bites

**Tuesday, November 3**

**Breakfast**

Pancakes w/ Syrup  
 Assorted Cereal  
 Fruit & Milk

**Lunch**

Crispito  
 Cheese Quesadilla  
 Pinto Beans  
 Fruit  
 Milk

**Wed., November 4**

**Breakfast**

Egg & Cheese Bagel  
 Assorted Cereal Bar  
 Juice & Milk

**Lunch**

Sloppy Joe  
 Turkey Rollup  
 Potato Wedges  
 Fruit  
 Milk

**Thursday, November 5**

**Breakfast**

Donut  
 Yogurt w/ Granola  
 Fruit & Milk

**Lunch**

Hotdog  
 Deli Sandwich  
 Chips  
 Veggie Cup  
 Fruit  
 Milk

**Friday, November 6**

**Breakfast**

Waffles Assorted  
 Cereal Bar  
 Juice & Milk

**Lunch**

Sliced Turkey w/  
 Gravy Roll  
 Chicken Tenders  
 Mashed Potatoes  
 Roasted Broccoli  
 Fruit  
 Milk

**Monday, November 9**

**Breakfast**

Sausage Biscuit  
 Assorted Cereal  
 Juice & Milk

**Lunch**

Beef Spaghetti w/  
 Breadstick  
 Italian Sub  
 Seasoned Corn  
 Fruit  
 Milk

**Tuesday, November 10**

**Breakfast**

Frudel  
 Assorted Cereal Bar  
 Fruit & Milk

**Lunch**

Corndog  
 Hot Pocket  
 Sweet Potato Fries  
 Fruit  
 Milk

**Wed., November 11**

No School



**VETERANS DAY**

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 THANK YOU FOR YOUR SERVICE

**Thurs, November 12**

**Breakfast**

Pop Tart  
 Assorted Cereal  
 Fruit & Milk

**Lunch**

Teriyaki Chicken  
 2nd Entrée  
**Managers Choice**  
 Stir Fry Vegetables  
 Fruit  
 Milk

**Friday, November 13**

**Breakfast**

Grain, Fruit, Milk

**Managers Choice**

**Lunch**

Entrée  
 Grain  
 Vegetable  
 Fruit  
 Milk

**ANIMAL APPETITES**