

BRANSON INTERMEDIATE

BREAKFAST


CRI = Cedar Ridge Intermediate

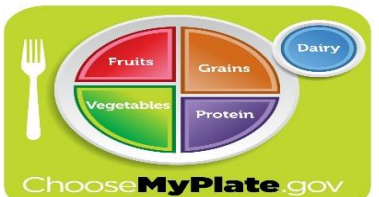
BUI = Buchanan Intermediate

November ~ 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Colby Omelet 1g 6" Tortilla 18g Mandarin Orange Cup	3 Oatmeal Banana Chip Bar 48g Apple Wedges	4 Chicken & Biscuit 41g Applesauce Cup	5 Cereal (20-27g) Fruit Delight 27g Blueberries	6 NO SCHOOL! <i>Teacher Professional Day!</i>
9 Maple Pancake Wrap 17g Pear Cup	10 Mini Stuffed Bagel 41g Dry Fruit Mix	11 Sausage & Cheese Biscuit 30g Apricot Cup	12 Cereal (20-27g) Pop-tart 38g Banana	13 Upstate Farms Yogurt 19g Blueberry Muffin 26g Apple Wedges
16 Bacon Scramble Pizza 22g Pineapple Cup	17 Pillsbury Stuffed Crescent Grape 35g or Cocoa 37g Apple Wedges	18 McPirate Sandwich 24g Orange Juice	19 Cereal (20-27g) Betty Crocker Oatmeal Bar 24g Dry Fruit Mix	20 Dutch Waffle 43g Orange Wedges
23 Blueberry Pancake Wrap 18g Applesauce Cup	24 Oatmeal 28g Mini Cinnamon Roll 19g Blueberries	25 NO SCHOOL!	26 	27 NO SCHOOL!
30 Sausage Breakfast Pizza 27g Peach Cup	1-Dec Pillsbury Filled Pastry Cinnamon 40g or Cocoa 38g Apple Wedges	2-Dec Biscuit & Gravy 37g Tropical Fruit Cup	3-Dec Cereal (20-27g) Fruit Delight 27g Dry Fruit Mix	4-Dec Cheesy Breakfast Burrito 26g with Salsa Orange Wedges

LUNCH

2 Roasted Chicken 0g Roasted Rosemary Potatoes 19g Breadstick 14g <i>Fresh</i> Fruit & Veggie Bar!	3 Pork Carnitas 19g Mexican Rice 23g <i>Fresh</i> Fruit & Veggie Bar!	4 Broccoli Cheese Soup 14g Garlic Bread 15g <i>Fresh</i> Fruit & Veggie Bar! Blueberry Shortcake 45g	5 Wild Mike's Pizza 34g <i>Fresh</i> Fruit & Veggie Bar! Sunbutter Cookie 16g	6 NO SCHOOL!
9 Korean Beef 13g Steamed Rice 23g Breadstick 14g <i>Fresh</i> Fruit & Veggie Bar!	10 Philly Cheesesteak 29g Potato Wedges 18g <i>Fresh</i> Fruit & Veggie Bar!	11 Ravioli 23g Garlic Bread 15g <i>Fresh</i> Fruit & Veggie Bar! Honey Apple Crisp 30g	12 Chicken Fried Steak 19g Mashed Potatoes 15g & Gravy 6g Biscuit 13g <i>Fresh</i> Fruit & Veggie Bar!	13 Biscuits & Gravy 19g w/Sausage 0g Scrambled Eggs 0g <i>Fresh</i> Fruit & Veggie Bar!
16 Cheeseburger 30g Tater Tots 14g <i>Fresh</i> Fruit & Veggie Bar!	17 Chicken Fajitas 23g Cilantro Rice 23g <i>Fresh</i> Fruit & Veggie Bar!	18 Munchable Meals 50g <i>Fresh</i> Fruit & Veggie Bar!	19 Thanksgiving Dinner! Turkey 0g, Stuffing 6g Mashed Potatoes 15g & Gravy 3g Cranberries, Roll 14g Corn, Sweet Potato Casserole Pumpkin Cheesecake 36g	20 Wild Mike's Pizza <i>Fresh</i> Fruit & Veggie Bar! Ice Cream Cup 18g
23 Walking Tacos 31g Mexican Rice 23g <i>Fresh</i> Fruit & Veggie Bar!	24 Baked Mozz Sticks 30g Marinara Sauce 6g <i>Fresh</i> Fruit & Veggie Bar! Whole Fruit Sorbet Cup 19g	25 NO SCHOOL!	26 	27 NO SCHOOL!
30 Chicken Alfredo 23g Garlic Bread 15g <i>Fresh</i> Fruit & Veggie Bar!	1-Dec Burrito 41g Cilantro Rice 23g <i>Fresh</i> Fruit & Veggie Bar!	2-Dec Fish Sandwich 50g SideWinders 14g <i>Fresh</i> Fruit & Veggie Bar! Cherry Crisp 32g	3-Dec Baked Chicken 0g Mashed Potatoes 15g & Gravy 3g Biscuit 13g <i>Fresh</i> Fruit & Veggie Bar!	4-Dec Pizza 33g <i>Fresh</i> Fruit & Veggie Bar! Oatmeal Fruit Cookie 19g

<p>BREAKFAST PRICES Full Price - \$1.00 Reduced - \$.30 Adult - \$1.50</p> <p>LUNCH PRICES Full Price - \$2.05 Reduced - \$.40 Adult - \$3.25</p> <p><i>"This institution is an equal opportunity provider."</i></p>	<p>Whole Grain Rich Foods, Fresh Fruits & Fresh Vegetables and Milk are included daily with our meals!</p>	<p>Extra Milk ~ \$.35 White Skim - 11g Chocolate 1% - 20g Strawberry 1% - 22g</p> <p>Extra 100% Juice ~ \$.35 Apple - 15g Apple Cherry- 16g Orange - 13g</p>	<p>Daily Entrée Options: Chef Salad w/biscuit 33g Baked Potato Plate w/biscuit 63g Munchable Meal w/String Cheese 30g Munchable Meals w/ Yogurt 50g Turkey Deli 29g Turkey Ham Deli 30g Cheeseburger 30g Hamburger 29g</p>	<p>Students are required to select a minimum of 3 different food groups; including at least 1/2 c of fruit or vegetables!</p> 
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