

# AITKIN HIGH SCHOOL - NOVEMBER 2023

		1 – WED	2 – THU	3 – FRI
<p><b>SANDWICH AVAILABLE</b> INSTEAD OF DAILY LUNCH ENTRÉE MONDAY - FRIDAY.</p> <p><b>SALAD BAR AVAILABLE</b> INSTEAD OF DAILY LUNCH ENTRÉE MONDAY - THURSDAY</p>	<p><b>Breakfast:</b> 1 Juice &amp; 1 Milk Served</p> <p><b>Lunch:</b> 1 Milk Served</p> <p><b>EXTRA Milk or Juice will be charged: \$.40</b></p>	<p>Oatmeal with a variety of Toppings OR Cereal Fruit, Juice &amp; Milk *****</p> <p>Chicken Fajitas with Peppers &amp; Onions Spanish Rice Black Bean &amp; Corn Salsa Fruit &amp; Milk</p>	<p>Sausage Gravy over Biscuit OR Cereal Fruit, Juice &amp; Milk *****</p> <p>Cheesy Bread with Marinara Sauce Veggie Fruit &amp; Milk</p>	<p>Long John's OR Cereal Fruit, Juice &amp; Milk *****</p> <p>Taco's With All the Toppings Black Bean &amp; Corn Salsa Fruit &amp; Milk</p>
6 – MON	7 - TUE	8 – WED	9 – THU	10 – FRI
<p>Bagel &amp; Cream Cheese Yogurt OR Cereal Fruit, Juice &amp; Milk *****</p> <p>Pork Chow Mein White Rice Egg Rolls, Fortune Cookie Fruit &amp; Milk</p>	<p>Assorted Muffin OR Cereal Fruit, Juice &amp; Milk *****</p> <p>Chicken Nuggets <b>(No Salad Bar Today)</b> Mashed Potatoes &amp; Gravy Veggie, Fruit &amp; Milk</p>	<p>Pancakes &amp; Maple Syrup Sausage Links OR Cereal Fruit, Juice &amp; Milk *****</p> <p>Grilled Cheese &amp; Tomato Soup Saltine Crackers Veggie, Fruit &amp; Milk</p>	<p style="font-size: 1.2em; color: #FFD700;"><b>STUDENTS NO SCHOOL</b></p> <p style="text-align: center;">Nov 9 – HS Grading Day Nov 9 – RES Conference 7:30 am – 7:30 pm Nov 10 – Staff Workshop</p>	
13 – MON	14 – TUE	15 – WED	16- THU	17 – FRI
<p>French Toast Sticks Sausage Links OR Cereal Fruit, Juice &amp; Milk *****</p> <p>Teriyaki Chicken Bowl Stir Fry Veggies Egg Rolls Fruit &amp; Milk</p>	<p>Assorted Muffin OR Cereal Fruit, Juice &amp; Milk *****</p> <p>Hot Dog on a Bun Baked Beans Chips Fruit &amp; Milk</p>	<p>Breakfast Pizza OR Cereal Fruit, Juice &amp; Milk *****</p> <p>Hamburger Gravy Mashed Potatoes Corn Dinner Roll Fruit &amp; Milk</p>	<p>Ham &amp; Egg Croissant OR Cereal Fruit, Juice &amp; Milk *****</p> <p>Creamed Chicken over Biscuit Veggie Fruit &amp; Milk</p>	<p>Assorted Donuts OR Cereal Fruit, Juice &amp; Milk *****</p> <p>Pizza Veggie &amp; Dip Fruit Milk</p>
20 – MON	21 – TUE	22 – WED	23 – THU	24 – FRI
<p>Yogurt &amp; Granola OR Cereal Fruit, Juice &amp; Milk *****</p> <p>Popcorn Chicken Mashed Potatoes &amp; Gravy Corn, Dinner Roll Fruit &amp; Milk</p>	<p>Assorted Muffin OR Cereal Fruit, Juice &amp; Milk *****</p> <p>Bacon Potato Soup Rolls &amp; Butter Saltines Fruit &amp; Milk</p>	<p>Waffle &amp; Strawberries OR Cereal Fruit, Juice &amp; Milk *****</p> <p>Chicken Patty on Bun w/Lettuce &amp; Tomato Veggie Fruit Milk</p>	<div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-left: 20px;"> <p style="font-size: 1.5em; color: #C00000;"><b>Thanksgiving Break</b></p> <p style="font-size: 1.5em; color: #C00000;"><b>No School</b></p> </div> </div>	
27 – MON	28 – THU	29 – WED	30 – THU	DEC 1 - FRI
<p>Pancakes &amp; Sausage OR Cereal Fruit, Juice &amp; Milk *****</p> <p>Tater Tot Hotdish Rolls &amp; Butter Veggie Fruit &amp; Milk</p>	<p>Assorted Muffin OR Cereal Fruit, Juice &amp; Milk *****</p> <p>Pulled Pork on Bun French Fries Coleslaw Fruit &amp; Milk</p>	<p>Oatmeal with a variety of Toppings OR Cereal Fruit, Juice &amp; Milk *****</p> <p>Turkey Gravy Mashed Potatoes Stuffing, Corn Dinner Rolls, Fruit &amp; Milk</p>	<p>Ham &amp; Egg Croissant OR Cereal Fruit, Juice &amp; Milk *****</p> <p>Taco's With All the Fixings Black Bean &amp; Corn Salsa Fruit &amp; Milk</p>	<p>Long John's &amp; Yogurt OR Cereal Fruit, Juice &amp; Milk *****</p> <p>Quesadilla Pizza Chips &amp; Cheese Veggie Fruit &amp; Milk</p>

**Build your BEST breakfast!**  
Choose three items total

**MILK**

Milk

**FRUITS AND VEGETABLES**

MUST choose at least one item

**GRAINS/ENTREE**

Grains/Entree

**You MUST choose 3 items total**  
**1 must be from Fruits & Vegetables**

**COLOR your tray. Fuel your day!**  
Choose three colors for Milk & Grains. 1/2 cup fruit or vegetable MUST be on your tray. Fill with ALL FIVE to fuel your day!

**MILK**

Milk

**GRAINS**

Grains

**MEAT/MEAT ALTERNATE**

Meat/Meat Alternate

**FRUITS**

Fruits

**VEGGIE**

Veggie

**You MUST choose 3 items total**  
**1/2 cup fruit or vegetable MUST be on your tray.**

**MINNESOTA FREE SCHOOL MEALS**

**Breakfast \$0.00    2<sup>nd</sup> Meal \$3.00**  
**Lunch \$0.00    2<sup>nd</sup> Meal \$4.95**

**NOTE: 2<sup>nd</sup> Meal prices same as adults per state guideline. Must be money in lunch account to purchase 2<sup>nd</sup> meal.**

**MN Free School Meals:**  
**Must be a COMPLETE MEAL**  
**If ONLY milk or juice is taken, you will be charged ala carte**

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**  
**THIS IS AN EQUAL OPPORTUNITY PROVIDER**