

Cove School District-November Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday
30th Breakfast- Pancake and Sausage Dipper, fruit and Milk Lunch- Nacho Bar (Chili or Mexi-Chicken and cheese), Spanish Rice, muffin, fruit & veggie bar and Milk	31st Breakfast- Maple Bar or Pastry, yogurt, fruit and Milk Lunch- Breaded Chicken or Pork on a Bun, baked beans, chips, fruit & veggie bar and Milk	1st Breakfast- Biscuits and gravy, boiled eggs, fruit and Milk Lunch- Pork Fried or Chicken Fried Rice, garlic bread, fruit & veggie bar and Milk Birthdays Cake!!!	2nd Breakfast- French Toast Sticks, yogurt, fruit and Milk Lunch- BBQ Chicken or Pizza Burger Melt, tater tots, fruit & veggie bar, and Milk
6th Breakfast- Muffin or Bagel, yogurt, fruit and Milk Lunch- Chicken Fried Steak or Meatloaf, mashed potatoes and gravy, rolls, fruit & veggie bar and Milk	7th Breakfast- Biscuits and gravy, boiled eggs, fruit and Milk Lunch- Cheesy Lasagna Rolls or Spaghetti, garlic bread, fruit & veggie bar and Milk Birthdays Cake!!	8th Breakfast- Cinnamon Roll or Pastry, yogurt, fruit and Milk Lunch- Hamburger or Cheeseburger, chips, baked beans, fruit & veggie bar and Milk	9th Breakfast- Mini Pancakes or Waffles, fruit and Milk Lunch- Stromboli Day! Ham & Cheese Stromboli, tomato soup, fruit & veggie bar and Milk
13th Breakfast- Pancake and Sausage Dippers, fruit and Milk Lunch- Crispy Chicken Taco or Bean & Cheese Burrito, Spanish rice, muffins, fruit & veggie bar and Milk	14th Breakfast- Maple Bar or Pastry, yogurt, fruit and Milk Lunch- Breaded Chicken or Fish on a Bun, tater wedges, fruit & veggie bar and Milk	15th Breakfast- Mini Pancakes or Waffles, fruit and Milk Lunch- Thanksgiving!! Turkey w/ All of the Trimmings, Savory Veggies, Dessert, fruit & veggie bar and Milk	16th Breakfast- Biscuits and gravy, boiled eggs, fruit and Milk Lunch- Corn Dogs, chips, fruit & veggie bar and Milk
20st Breakfast- Pancake and Sausage Dippers, fruit and Milk Lunch- Hamburger or Turkey Gravy, mashed potatoes, roll w/ butter and jam, fruit & veggie bar and Milk	22nd Breakfast- Biscuits and gravy, boiled eggs, fruit and Milk Lunch- BBQ Chicken, Sloppy Joe or French Dip on a Sub, chips, fruit & veggie bar, cookies and Milk	23rd Breakfast- Cinnamon Roll or Pastry, yogurt, fruit and Milk Lunch- Pizza Day !!! strawberry jello cup, fruit & veggie bar and Milk	24th Thanksgiving Day!
28th Breakfast- Breakfast Pizza, fruit and Milk Lunch- Chicken Fried Steak or Grilled Chicken, biscuits and gravy, fruit & veggie bar and Milk	29th Breakfast- Maple Bar or Pastry, yogurt, fruit and Milk Lunch- Choice of Quesadilla Melt (Bean & Cheese or Taco & Cheese), tater wedges, fruit & veggie bar and Milk	30th Breakfast- Biscuits and gravy, boiled eggs, fruit and Milk Lunch- Clam Chowder or Chicken Chowder, choice of bread, fruit & veggie bar, brownies and Milk	

Daily Lunch Prices

Breakfast Prices

K-5 \$2.50 \$2.35/day for all ages

6-12 \$3.00

Adult \$3.60 **Milk-** \$.50 **Second Servings-** \$.50

Protein alternatives - yogurt, string cheese or peanut butter. Cereal is offered with breakfast daily. Juice may be requested for those who don't drink milk.

USDA and this institution are equal opportunity providers and employers.