

NOVEMBER 2022

Middle School Lunch Menu Council Bluffs School District

MONDAY

7
*Pork Choppette- Bun
*Bluffs Burger- Bun
*Yogurt- Breadstick
*Chef Salad- Breadstick
Baked Beans
Carrots-Broccoli
Juice, Doritos

14
*Hotdog- Bun
*Stuffed Crust Pizza
*Yogurt- Nutrigrain
Bar
Green Beans
Carrots-Broccoli
Juice

21
*Chicken Parmesan
Bun
*Stuffed Crust Pizza
*Yogurt- Poptart
Green Beans
Carrots-Broccoli
Juice

28
*Pizza
*PB&J
*Yogurt- Breadstick
Corn
Carrots
Juice
Sun Chips

TUESDAY

1
*Baked Potato Bar
*Pizza Bites
*Yogurt- Donut
*Chef Salad-
Breadstick
Baked Beans
Cucumbers-Carrots
Peaches, Fresh Fruit

8
*Spaghetti- Breadstick
*Mini Corndogs
*Yogurt- Donuts
Green Beans
Carrots-Celery
Peaches
Fresh Fruit

15
*Chicken Philly
Cheesesteak
*French Bread Pizza
*Chef Salad- Breadstick
*Yogurt- Breadstick
Corn
Carrots-Cucumbers
Fresh Fruit

22
*Pizza Crunchers
*Manager's Choice
*Yogurt- Donut
Refried Beans
Celery
Peaches
Fresh Fruit
Tortilla Chips

29
*Chicken Fajita
*Cheese Stuffed
Breadsticks
*Yogurt- Poptart
Broccoli
Warm Carrot Coins
Pears, Fresh Fruit

WEDNESDAY

2
*Macho Nachos
*Cowboy Hoagie
*Yogurt- Nutrigrain Bar
*Chef Salad- Breadstick
Tossed Salad
Carrots-Broccoli
Juice, Scooby Snacks

9
*Chicken Burrito-
Queso Sauce
*Turkey & Cheese- Bun
*Yogurt- Breadstick
Corn
Carrots
Fruit Cocktail- Fruit
Tortilla Chips

16
*Spicy Chicken- Bun
*Corn dog
*Yogurt- Muffin
Tossed Salad
Baked Beans
Carrots
Pears- Fresh Fruit

23
NO SCHOOL

30
*Chicken Nuggets- Bun
*Cheeseburger- Bun
*Yogurt- Breadstick
*Chef Salad- Breadstick
Baked Beans
Carrots
Peaches
Fresh Fruit

THURSDAY

3
*Chicken Drumstick-
Roll
*Italian Sandwich
*Yogurt- Mini Bagels
*Chef Salad- Roll
Corn
Carrots-Cucumbers
Juice, Fresh Fruit

10
*French Fry Bar
*Pizza Munchables
*Yogurt- Breadstick
*Chef Salad- Roll
Carrots
Broccoli
Juice

17
*Turkey & Gravy over
Mashed Potatoes
*PB&J
*Yogurt- Muffin
Cherry Tomatoes
Broccoli
Fresh Strawberries
Bug Bites

24
NO SCHOOL

Did you know?

The full moon in November
is traditionally called the
Beaver Moon in the US.

FRIDAY

4
*Spicy Chicken- Bun
*Pizza Crunchers
*Yogurt- Breadstick
Carrots
Peppers
Fruit Cocktail
Fresh Fruit
Bug Bites

11
*Cheese Pizza
*French Toast Sticks-
Sausage
*Yogurt-Nutrigrain Bar
Tossed Salad
Tomatoes-Celery
Pears, Fresh Fruit

18
*Pork Choppette- Bun
*Sloppy Joe- Bun
*Yogurt- Breadstick
*Chef Salad- Breadstick
Tossed Spinach Salad
Cherry Tomatoes
Fresh Fruit
Tortilla Chips- Cheese

25
NO SCHOOL

Fresh Fruit & Vegetable
Council Bluffs School District
participates in the Fresh
Fruit and Vegetable Program.
This program provides a
fresh fruit or vegetable snack
to preschool through 5th
grade students Tuesday
through Thursday. Check out
the district website under
the nutrition department to
see the fresh fruit and
vegetable menu. Click on the
snack to see fun educational
facts about that fruit or
vegetable.

*Milk Offered Daily
*Menu Subject to Change
Without Notice
*This Institution is an Equal
Opportunity Provider