



MOC-Floyd Valley Breakfast Menu – November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mini Bagels Fruit Juice Milk	2 Breakfast Burrito Fruit Juice Milk	3 Donut Fruit Juice Milk
6 Cereal Yogurt Fruit Juice Milk	7 Pancake Syrup Fruit Juice Milk	8 Toast w/jelly Egg & Cheese Ome- let Fruit Juice Milk	9 Cinnamon Roll Minis Fruit Juice Milk	10 Cereal Bar Yogurt Fruit Juice Milk
13 Cereal Yogurt Fruit Juice Milk	14 French Toast Minis Fruit Juice Milk	15 Toast/Jelly Scrambled Eggs Fruit Juice Milk	16 Breakfast Pizza Fruit Juice Milk	17 Pancakes Syrup Fruit Juice Milk
20 Cold Cereal Yogurt Juice Fruit Milk	21 Waffles Syrup Fruit Juice Milk	22 No School	23 No School	24 No School
27 Cereal Yogurt Fruit Juice Milk	28 Pancake Syrup Fruit Juice Milk	29 Mini Bagels Fruit Juice Milk	30 Breakfast Burrito Fruit Juice Milk	1 December Donut Fruit Juice Milk



MOC-Floyd Valley Lunch Menu – November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Salisbury Steak Mashed Potatoes/ Gravy Green Beans Roll/Jelly Fruit Snickerdoodle Milk	2 Grilled Cheese Baked Beans Veggies/Ranch Chips (9-12) Grapes Milk	3 Corn Dog/Ketchup Garden Salad/Ranch Peas Fruit Special K Bar (9-12) Milk
6 Creamed Chicken on a Biscuit Lettuce Salad/Ranch Steamed Carrots Apple Milk	7 Meatball Sub/Cheese Fresh Veggies/Ranch Corn Citrus Fruit Cup Milk	8 Chicken Fajitas Tomato/Lettuce/ Cheese Spanish Rice Broccoli Fruit Milk	9 Lasagna Spinach Salad/Ranch Garlic Bread Mandarin Oranges Milk	10 Tavern on a Bun/Cheese Confetti Fries Ketchup Baked Beans Fruit Milk
13 Crisпитos Cheese Sauce Fresh Veggies/Ranch Baked Beans Grapes Milk	14 BBQ on a Bun Hash Brown Patty/ Ketchup Glazed Carrots Pears Cookie(9-12) Milk	15 Turkey Mashed Pot/Gravy Sweet Potatoes Green Beans Dinner Roll/Jelly Strawberries & Bananas Ice Cream Milk	16 Spaghetti & Meat Sauce Spinach Salad/Ranch Garlic Toast Fruit Milk	17 Chicken Fingers/BBQ Sauce Potato Smiles Broccoli Roll/Jelly Fruit Milk
20 Hamburger on a Bun/ Cheese Confetti Fries/Ketchup Fruit Cocktail Milk	21 Taco in a Bag Cheese/Lettuce/ Tomato Fiesta Beans Pineapple Churro (6-12) Milk	22 No School	23 No School 	24 No School
27 Hot Ham and Cheese Potato Gems Ketchup Candied Carrots Kiwi Cookie (9-12) Milk	28 Pizza Bread Stick/Marinara Romaine Salad/Ranch Fruit Milk	29 Chicken & Cheese- Quesadillas Refried Beans Fresh Veggies/Ranch Chips & Salsa (9-12) Mandarin Oranges Milk	30 Cavatini Pasta Cooked Broccoli Garlic Toast Apple Sauce Milk	1 December Popcorn Chicken Potato Wedges Ketchup Green Beans Dinner Roll/Jelly (9-12) Mixed Berries Milk

Click this link for allergen and carb info: <http://bit.ly/mocfv-newsletter>

This institution is an equal opportunity provider.