

School menu

Written by Holyoke Enterprise

Nov. 5-9

Elementary Breakfast

Monday, Nov. 5: Breakfast burrito or cereal choice with yogurt, fruit cocktail, milk.

Tuesday, Nov. 6: Pancake with syrup or fruit muffin with graham cracker, pears, milk, juice.

Wednesday, Nov. 7: Breakfast on a stick or cereal choice with cheese stick, peaches, milk.

Thursday, Nov. 8: Breakfast burrito or bagel with toppings, cinnamon apple slices, milk, juice.

Friday, Nov. 9: Ham and cheese muffin or fruit muffin with yogurt, pineapple, milk.

Elementary Lunch

Monday, Nov. 5: Beef and bean burrito, seasoned corn, fruit and veggie bar, milk.

Tuesday, Nov. 6: Breaded chicken patty, whole grain bun, seasoned green beans, fruit and veggie bar, milk.

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Wednesday, Nov. 7: Toasted ham and cheese, seasoned broccoli, fruit and veggie bar, milk.

Thursday, Nov. 8: Savory beef and brown gravy, dinner roll, mashed potatoes, fruit and veggie bar, milk.

Friday, Nov. 9: Whole grain pizza dunkers with cheese and sauce, fresh steamed baby carrots, fruit and veggie bar, milk.

JR/SR High Breakfast

Everyday breakfast options: Breakfast burrito, breakfast bar with cheese stick, cereal choice with cheese stick or muffin/bagel of the day, milk, juice (Tuesday and Thursday only).

JR/SR High Lunch

Monday, Nov. 5: Beef and bean burrito, seasoned corn, fruit and veggie bar, milk.

Tuesday, Nov. 6: Breaded chicken patty, brown rice, seasoned green beans, fruit and veggie bar, milk.

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Wednesday, Nov. 7: Toasted cheese on whole wheat, seasoned peas, fruit and veggie bar, milk.

Thursday, Nov. 8: Savory beef and brown gravy, dinner roll, mashed potatoes, fruit and veggie bar, milk.

Friday, Nov. 9: Pizza dunkers with cheese and sauce, steamed carrots, fruit and veggie bar, milk.

Holyoke Enterprise November 1, 2012