

NOVEMBER

BREAKFAST

NOVA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
November 1, 2021	November 2, 2021	November 3, 2021	November 4, 2021	November 5, 2021
CINNAMON TOAST CRUNCH ^ Vanilla Waffle Square Craisins Grape Juice Choice of Milk	CHEESY EGG TATER TOT-CHOS Graham Crackers ^ Diced Pears Orange Juice Choice of Milk	DOUBLE CHOCOLATE MINI MUFFIN ^ String Cheese Fresh Apple Choice of Milk	PANCAKES ^ Fresh Banana* Apple Juice Syrup Choice of Milk	FRUITY CHEERIOS^ Strawberry Pancake Square ^ Fresh Apple Choice of Milk
November 8, 2021	November 9, 2021	November 10, 2021	November 11, 2021	November 12, 2021
FROSTED CORN FLAKES ^ Cherry Breakfast Bar ^ Craisins Orange Juice Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Diced Peaches Grape Juice Grape Jelly Choice of Milk	RICE CHEX^ Graham Crackers ^ Fresh Apple Choice of Milk	NO SCHOOL	NO SCHOOL
November 15, 2021	November 16, 2021	November 17, 2021	November 18, 2021	November 19, 2021
FRUITY CHEERIOS^ Maple Breakfast Square ^ Craisins Fruit Punch Juice Choice of Milk	WAFFLES ^ Diced Pears Apple Juice Syrup Choice of Milk	BANANA MINI MUFFIN ^ String Cheese Fresh Apple Choice of Milk	CHICKEN BISCUIT ^ Fresh Banana* Grape Juice Honey Choice of Milk	FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk
November 22, 2021	November 23, 2021	November 24, 2021	November 25, 2021	November 26, 2021
NO SCHOOL	NO SCHOOL	NO SCHOOL	THANKSGIVING	NO SCHOOL
November 29, 2021	November 30, 2021	December 1, 2021	December 2, 2021	December 3, 2021
APPLE CINNAMON CHEERIOS ^ Graham Crackers ^ Craisins Orange Juice Choice of Milk	WAFFLES ^ Diced Pears Apple Juice Syrup Choice of Milk			

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Find your school's menus online at: preferredmealsmenu.com

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NOVEMBER LUNCH

NOVA ACADEMY LHV2 - Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
November 1, 2021 GALAXY CHEESE PIZZA ^ Broccoli Diced Carrots Diced Peas Apple Juice Chocolate Cookie ^ Choice of Milk	November 2, 2021 CRISPY CHICKEN PATTY ^ Hamburger Bun ^ MAC & CHEESE ^ Breadstick ^ Mixed Vegetables Green Beans Diced Peaches Orange Juice BBQ Sauce Choice of Milk	November 3, 2021 GRILLED CHEESE PANINI ^ Potato Wedges Corn Diced Peaches Fruit Punch Juice Ketchup Choice of Milk	November 4, 2021 CHEESEBURGER Hamburger Bun ^ Baked Beans MINI CHEESE RAVIOLI WITH SAUCE ^ Breadstick ^ SunSet Sip Juice Fresh Apple Slices Grape Juice Mustard Ketchup Choice of Milk	November 5, 2021 TURKEY & CHEESE ON A BUN ^ BEAN & CHEESE BURRITO ^ French Fries Diced Carrots Fresh Banana* Orange Juice Fritos ^ Light Mayonnaise Taco Sauce Ketchup Choice of Milk
November 8, 2021 PIZZA DIPPERS ^ Marinara Dipping Sauce SunSet Sip Juice Applesauce Orange Juice Choice of Milk	November 9, 2021 PENNE PASTA W/MEAT SAUCE ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Breadstick ^ Broccoli Diced Peas Fruit Punch Juice Choice of Milk	November 10, 2021 CRUNCHY CHICKEN TENDERS ^ BEAN & CHEESE BURRITO ^ Corn Salsa Cup Tortilla Rounds ^ Fresh Banana* Apple Juice BBQ Sauce Choice of Milk	November 11, 2021 NO SCHOOL	November 12, 2021 NO SCHOOL
November 15, 2021 MAC & CHEESE ^ Cornbread ^ Green Beans Diced Carrots Diced Peas Fruit Punch Juice Choice of Milk	November 16, 2021 CRISPY CHICKEN PATTY ^ Hamburger Bun ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Breadstick ^ Broccoli Corn Diced Peaches Grape Juice BBQ Sauce Choice of Milk	November 17, 2021 HERO SANDWICH ^ GALAXY CHEESE PIZZA ^ Potato Wedges Mixed Vegetables Orange Juice Cralsins Mustard Ketchup Choice of Milk	November 18, 2021 CHEESY TACO MEAT BEAN & CHEESE BURRITO ^ Tortilla Rounds ^ Salsa Cup Corn Fresh Apple Slices Orange Juice Chocolate Cookie ^ Choice of Milk	November 19, 2021 CHARBROILED HAMBURGER Hamburger Bun ^ GRILLED CHEESE PANINI ^ Baked Beans SunSet Sip Juice Fresh Banana* Grape Juice Mustard Ketchup Choice of Milk
November 22, 2021 NO SCHOOL	November 23, 2021 NO SCHOOL	November 24, 2021 NO SCHOOL	November 25, 2021 THANKSGIVING	November 26, 2021 NO SCHOOL
November 29, 2021 GALAXY CHEESE PIZZA ^ Broccoli Diced Carrots Diced Peas Apple Juice Chocolate Cookie ^ Choice of Milk	November 30, 2021 CRISPY CHICKEN PATTY ^ Hamburger Bun ^ MAC & CHEESE ^ Breadstick ^ Mixed Vegetables Green Beans Orange Juice Cralsins BBQ Sauce Choice of Milk	December 1, 2021	December 2, 2021	December 3, 2021

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