

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

# Nov

FEED YOUR CREATIVITY



## Announcements:

BREAKFAST-  
7:00 AM - 7:50 AM

Breakfast: fat-free or 1% white milk and fresh fruits

Lunch: fat-free chocolate milk or 1% white milk, fresh fruits, and fresh vegetables

Add funds online:  
[schoolcafe.com/betaacademy](http://schoolcafe.com/betaacademy)

**Cold Breakfast:** Whole Grain Corn Chex Cereal with String Cheese <sup>1</sup>  
  
**Hot Lunch:** Pretzel Nacho Calzone (V)

**Hot Breakfast:** Buenos Dias Breakfast Burrito (V) <sup>2</sup>  
  
**Hot Lunch:** Spaghetti with Meatballs

**Hot Breakfast:** Lemon Muffin <sup>3</sup>  
  
**Hot Lunch:** Chicken Bites with Savory Pizza Crackers

**Cold Breakfast:** Whole Grain Corn Chex Cereal with Educational Snacks <sup>4</sup>  
  
**Hot Lunch:** Cheese Pizza (V)

**Hot Breakfast:** Whole Grain Waffle <sup>5</sup>  
  
**Hot Lunch:** BBQ Beef Rib Sandwich

**Cold Breakfast:** Autumn Spiced Muffin <sup>8</sup>  
  
**Hot Lunch:** Cheese Tamale with Seasoned Rice (V)

**Hot Breakfast:** Cheese Omelet with French Toast Stick <sup>9</sup>  
  
**Hot Lunch:** Pepperoni Pizza (Turkey/Beef)

**Cold Breakfast:** Vanilla Concha Bread <sup>10</sup>  
  
**Hot Lunch:** All Beef Hot Dog on a Whole Grain Bun

**Cold Breakfast:** Lemon Muffin <sup>11</sup>  
  
**Hot Lunch:** Bean and Cheese Burrito (V)

**Hot Breakfast:** Buttermilk Pancakes <sup>12</sup>  
  
**Hot Lunch:** Chicken Bites with Waffle and String Cheese

**Cold Breakfast:** Whole Grain Cheerios Cereal with Educational Snacks <sup>15</sup>  
  
**Hot Lunch:** *Breakfast for Lunch* - Pancakes with Cheesy Omelet (V)

**Cold Breakfast:** French Toast Muffin <sup>16</sup>  
  
**Hot Lunch:** Holiday Roasted Turkey with Gravy and Cornbread

**Hot Breakfast:** Strawberry Pancake Bowl <sup>17</sup>  
  
**Hot Lunch:** Pepperoni Pizza (Turkey/Beef)

**Cold Breakfast:** Whole Grain Corn Chex Cereal with Educational Snacks <sup>18</sup>  
  
**Hot Lunch:** Oven Roasted Chicken Sandwich

**Hot Breakfast:** French Toast Sticks <sup>19</sup>  
  
**NO LUNCH SERVICE - HALF DAY OF SCHOOL**

<sup>22</sup>  
**NO SCHOOL**

<sup>23</sup>  
**NO SCHOOL**

<sup>24</sup>  
**NO SCHOOL**

<sup>25</sup>  
**NO SCHOOL**

<sup>26</sup>  
**NO SCHOOL**

**Cold Breakfast:** Whole Grain Corn Chex Cereal with Educational Snacks <sup>29</sup>  
  
**Cold Lunch:** Sunbutter and Jelly Sandwich Kit with String Cheese (V)

**Cold Breakfast:** Whole Grain Blueberry Chex Cereal <sup>30</sup>  
  
**Hot Lunch:** Chicken Enchiladas Roja with Seasoned Rice



Food and Nutrition Division  
Nutrition Assistance Programs

EXTRA SIDE OF MILK/FRUIT/VEGETABLE - \$0.50

SECOND BREAKFAST: \$3.00

SECOND LUNCH: \$4.00



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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This institution is an equal opportunity provider.

MENUS ARE SUBJECT TO CHANGE

QUESTIONS? EMAIL: [MLAUDER@BETAACADEMY.ORG](mailto:MLAUDER@BETAACADEMY.ORG)

Updated 1/1/2021  
[www.SquareMeals.org](http://www.SquareMeals.org)

