



\*EQUAL OPPORTUNITY EMPLOYER

# NOVEMBER 2022

## SYCAMORE ELEMENTARY

FULL PAY MEALS = \$2.40  
REDUCED PAY MEALS = \$.40

DEPOSIT ON LINE AT:  
[hopkins.familyportal.cloud](https://hopkins.familyportal.cloud)

Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY  
THANKSGIVING

A: CHEESE QUESADILLAS  
B: FRUIT & YOGURT PARFAIT

1

REFRIED BEANS  
FRUIT & VEGGIE BAR  
MILK

A: MOZZARELLA CRISPERS  
B: SUBMARINE SANDWICH

2

BABY CARROTS  
FRUIT & VEGGIE BAR  
MILK

A: MINI CORN DOGS  
B: PBJ WITH CHEESE STICK

3

SEASONED CORN  
FRUIT & VEGGIE BAR  
MILK

A: HOT DOG & SMILEY FRIES  
B: NACHOS / CHEESE & SALSA

4

CUCUMBER COINS  
FRUIT & VEGGIE BAR  
MILK

A: POPCORN CHICKEN WITH  
POTATOES & GRAVY  
B: WARM PRETZELS & CHEESE  
CUCUMBER SLICES  
FRUIT & VEGGIE BAR  
MILK

7

A: DUTCH WAFFLE, SAUSAGE  
B: FRUIT & YOGURT PARFAIT

8

TOSSED SALAD  
FRUIT & VEGGIE BAR  
MILK

A: PEPPERONI PIZZA  
B: SUBMARINE SANDWICH

9

GLAZED CARROTS  
FRUIT & VEGGIE BAR  
MILK

A: CHICKEN DRUMSTICK  
B: PBJ WITH CHEESE STICK

10

FRENCH FRIES  
FRUIT & VEGGIE BAR  
MILK

A: CHEESEBURGER  
B: NACHOS / CHEESE & SALSA

11

BAKED BEANS  
FRUIT & VEGGIE BAR  
MILK

A: PASTA WITH MEAT SAUCE  
B: WARM PRETZEL & CHEESE

14

BROCCOLI  
FRUIT & VEGGIE BAR  
MILK

A: WALKING TACO  
B: FRUIT & YOGURT PARFAIT

15

REFRIED BEANS  
FRUIT & VEGGIE BAR  
MILK

A: MOZZARELLA CRISPERS  
B: SUBMARINE SANDWICH

16

SEASONED CORN  
FRUIT & VEGGIE BAR  
MILK

A: TURKEY GRAVY & MASHED  
POTATOES  
B: PBJ WITH CHEESE STICK  
CELERY STICKS  
FRUIT & VEGGIE BAR  
MILK

17

A: CHICKEN PATTY ON A BUN  
B: NACHOS / CHEESE & SALSA

18

SWEET POTATO FRIES  
FRUIT & VEGGIE BAR  
MILK

A: MACARONI & CHEESE  
B: WARM PRETZEL & CHEESE

21

BROCCOLI  
FRUIT & VEGGIE BAR  
MILK

*1/2 DAY*  
**NO LUNCH  
SERVED**

22

BREAK

23

**HAPPY  
THANKSGIVING!**

24

BREAK

25

A: PASTA ALFREDO  
B: WARM PRETZEL & CHEESE

28

BROCCOLI  
FRUIT & VEGGIE BAR  
MILK

A: SCRAMBLED EGGS, SAUSAGE  
& PANCAKE BITES  
B: FRUIT & YOGURT PARFAIT  
CUCUMBER COINS  
FRUIT & VEGGIE BAR  
MILK

29

A: PERSONAL PIZZA  
B: SUBMARINE SANDWICH

30

BABY CARROTS  
FRUIT & VEGGIE BAR  
MILK

BREAKFAST IS SERVED DAILY AT 7:30 IN THE CAFETERIA!

A HOT ITEM AND A VARIETY OF COLD ITEMS WILL BE OFFERED DAILY

BREAKFAST FULL PAY = \$1.50, REDUCED PAY = \$.30

ALL BREAKFAST INCLUDES, FRUIT, JUICE AND MILK

\*MENUS SUBJECT TO CHANGE