

# NOVEMBER 2022

## North Bend Middle School

Fruits and veggies offered daily.  
1% White or NF chocolate milk available.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

1  
Yogurt Basket  
Cheeseburger  
Chicken Tender w/Roll  
Fresh Salad w/ Muffin

2  
Chicken Alfredo w/Garlic Bread  
Bean & Cheese Burrito  
Chicken Sandwich  
Fresh Salad w/ Muffin

3  
Swiss Turkey Wrap  
Chicken Parm Melt  
Nacho's  
Fresh Salad w/ Muffin

4  
Fish Sticks w/ Corn Bread  
Pizza

7  
Chicken Bacon Ranch  
Teriyaki Meatballs w/Rice  
Corndog

8  
Cheese Enchilada  
Cheeseburger  
Chicken Tender w/Roll  
Fresh Salad w/Muffin

9  
Lasagna w/ Garlic Bread  
Tuna Sandwich  
Chicken Sandwich  
Fresh Salad w/ Muffin

10  
Cheese Quesadilla  
Chicken Nugget w/Roll  
Nacho's  
Fresh Salad w/ Muffin

11  
No School



14  
Teriyaki Chicken w/ Rice  
Rotini w/Garlic Bread  
Cornbread

15  
Cottage Cheese Platter  
Cheeseburger  
Chicken Tender w/ Roll  
Fresh Salads w/ Muffin

16  
Chili w/ Corn Bread  
Bean & Cheese Burrito  
Chicken Sandwich  
Fresh Salad w/ Muffin

17  
Meatloaf Sandwich  
Sub Boat  
Nacho's  
Fresh Salad w/Muffin

18  
Pork Carnitas  
Pizza

21  
Turkey Roast w/ Mashed Potatoes & Roll  
BBQ Chicken Sandwich  
Corn Dog

22  
Ham & Cheese Roll Up  
Cheeseburger  
Chicken Tenders w/ Roll

23  
No School



24  
No School



25  
No School



28  
Chicken Drumstick w/Mashed Potatoes, Biscuit  
Sweet & Sour Meatball w/Rice  
Corndog

29  
Meatball Sub  
Cheeseburger  
Chicken Tenders w/Roll  
Fresh Salad w/ Muffin

30  
Lasagna w/ Garlic Bread  
Bean & Cheese Burrito  
Chicken Sandwich

All Meals are made with whole grains.  
Menu is subject to change without notice.  
This institution is an equal opportunity provider.

