

Bellevue R-3 School District  
November, 2019  
MENUS

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
|   |   |  |   | <b>1</b><br><b>NO SCHOOL</b><br><b>Staff Development</b><br>   |
| <b>4</b><br><b>Breakfast</b><br>Cereal<br>Bagel<br>Cream Cheese<br>Orange Smileys<br>Fruit Juice<br><br><b>Lunch</b><br>BBQ Rib Sandwich<br>Sweet Potato Fries<br>Green Beans<br>Applesauce | <b>5</b><br><b>Breakfast</b><br>Breakfast Lasagna<br>Scramble Eggs<br>Fruit Juice<br><br><b>Lunch</b><br>Chicken Quesadilla<br>Mexican Beans<br>Corn<br>Pears<br>Rice Krispie Treat | <b>6</b><br><b>Breakfast</b><br>Cereal<br>Yogurt<br>Fresh Fruit<br>Fruit Juice<br><br><b>Lunch</b><br>Chicken Nuggets<br>Mashed Potatoes/Gravy<br>Sweet Peas<br>Biscuit/Butter/Jelly<br>Fruit Cocktail | <b>7</b><br><b>Breakfast</b><br>French Toast Sticks<br>Syrup<br>Fresh Fruit<br>Fruit Juice<br><br><b>Lunch</b><br>Beef Stew<br>Corn Bread<br>Butter/Honey<br>Baked Apples<br>Ice Cream          | <b>8</b><br><b>Breakfast</b><br>Cereal<br>Pop Tart<br>Fruit Juice<br><br><b>Lunch</b><br>Sausage Pizza WG<br>Yellow Squash<br>Baby Carrots<br>Ranch Dressing<br>Pears                       |
| <b>11</b><br><b>Breakfast</b><br>Cereal<br>WG Toast/Jelly<br>Fruit<br>Fruit Juice<br><br><b>Lunch</b><br>Corn Dog<br>Ketchup/Mustard<br>French Fries<br>Baked Beans<br>Mandarin Oranges     | <b>12</b><br><b>Breakfast</b><br>WG Biscuit<br>Sausage Biscuit Gravy<br>Fruit Juice<br><br><b>Lunch</b><br>Mexican Haystack<br>Mexican Beans<br>Corn<br>Pears<br>Sherbet            | <b>13</b><br><b>Breakfast</b><br>Cereal<br>Yogurt<br>Fresh Fruit<br>Fruit Juice<br><br><b>Lunch</b><br>Chicken Strips<br>Texas Toast<br>AuGratin Potatoes<br>Green Beans<br>Peaches                    | <b>14</b><br><b>Breakfast</b><br>Muffin Omelet<br>WG Toast<br>Fruit<br>Fruit Juice<br><br><b>Lunch</b><br>Turkey<br>Mashed Potatoes<br>Green Beans<br>WG Hot Roll<br>Fruit Salad<br>Pumpkin Pie | <b>15</b><br><b>Breakfast</b><br>Cereal<br>Strawberries & Bananas<br>Fruit Juice<br><br><b>Lunch</b><br>Cheeseburger Pizza<br>WG<br>Slaw<br>Cucumber Slices<br>Ranch Dressing<br>Applesauce |



Milk Variety (1% unflavored or fat free flavored) – will be served with every meal

WG = Whole Grain

Condiments will be offered accordingly

**“This institution is an equal opportunity provider.”**

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|--|--|--|---|---|
| <b>18</b><br><b>Breakfast</b><br>Cereal<br>Banana Muffin<br>Peaches<br>Fruit Juice<br><br><b>Lunch</b><br>Chicken Noodle Soup<br>Cheese Breadstick<br>Baby Carrots<br>Ranch<br>Mixed Fruit | <b>19</b><br><b>Breakfast</b><br>Breakfast Lasagna<br>Fruit Juice<br><br><b>Lunch</b><br>Beef Burrito w/Cheese Salsa<br>Black Beans<br>Mexican Corn<br>Grapes                                | <b>20</b><br><b>Breakfast</b><br>Cereal<br>Yogurt<br>Fresh Fruit<br>Fruit Juice<br><br><b>Lunch</b><br>Chicken Patty on Bun<br>Vegetable Blend<br>Meadow<br>Peaches<br>Ice Cream | <b>21</b><br><b>Breakfast</b><br>Ham Breakfast Sandwich<br>Fruit<br>Fruit Juice<br><br><b>Lunch</b><br>Tomato Soup<br>Grilled Cheese Sandwich<br>Baby Carrots<br>Ranch Dressing<br>Blueberry/Pineapple<br>Dump Cake | <b>22</b><br><b>Breakfast</b><br>Cereal<br>Bagel<br>Cream Cheese<br>Fruit Juice<br><br><b>Lunch</b><br>Sloppy Joe on Bun<br>Tater Tots<br>Cucumber Salad<br>Carmel Apple Slices |
| <b>25</b><br><b>Breakfast</b><br>Cereal<br>Cinnamon Toast<br>Fresh Fruit<br>Fruit Juice<br><br><b>Lunch</b><br>Hot Dog on Bun<br>French Fries<br>Black Eyed Peas<br>Mandarin Oranges       | <b>26</b><br><b>Breakfast</b><br>WG Biscuit<br>Biscuit Gravy<br>Sausage Links/Patty<br>Fruit Juice<br><br><b>Lunch</b><br>Beef Taco<br>Salsa<br>Corn Mashed Potatoes<br>Sliced Carmel Apples | <b>27</b><br><b>Breakfast</b><br>Cereal<br>Pumpkin Muffin/Butter<br>Fruit Juice<br><br><b>Lunch</b><br>Chicken Wrap<br>Glazed Carrots<br>Green Beans<br>Peaches                  | <b>28</b><br><b>NO SCHOOL</b><br>  | <b>29</b><br><b>NO SCHOOL</b><br><b>Fall Break</b><br>                                      |

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