

November 2022

Midland Innovation and Technology Charter School

Breakfast

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Assorted Fruit: <ul style="list-style-type: none"> • Cinnamon Applesauce • Diced Peaches • Diced Pears • Sweet Red Grapes • Tropical Pineapple Tidbits • Red Delicious Apple • Fresh Orange • Citrusy Mandarin Oranges 	Assorted Milk:	1 <ul style="list-style-type: none"> • Cocoa Chip Bar Fruit Choice Milk Choice	2 <ul style="list-style-type: none"> • Mini Maple Pancakes Fruit Choice Milk Choice	3 <ul style="list-style-type: none"> • Iced Donut w/Sprinkles Fruit Choice Milk Choice	4 <ul style="list-style-type: none"> • Cinnamon Roll Fruit Choice Milk Choice	5	
6	7 <ul style="list-style-type: none"> • Chocolate Mini Loaf w/Jungle Crackers Fruit Choice Milk Choice	8 <ul style="list-style-type: none"> • Chocolate Chip Oatmeal Bar Fruit Choice Milk Choice	9 <ul style="list-style-type: none"> • Apple Roll Fruit Choice Milk Choice	10 <ul style="list-style-type: none"> • Mini Blueberry Pancakes Fruit Choice Milk Choice	11 Veteran's Day	12	
13	14 <ul style="list-style-type: none"> • Emoji Waffles Fruit Choice Milk Choice	15 <ul style="list-style-type: none"> • Cocoa Chip Bar Fruit Choice Milk Choice	16 <ul style="list-style-type: none"> • Mini Maple Pancakes Fruit Choice Milk Choice	17 <ul style="list-style-type: none"> • Iced Donut w/Sprinkles Fruit Choice Milk Choice	18 <ul style="list-style-type: none"> • Cinnamon Roll Fruit Choice Milk Choice	19	
20	21 <ul style="list-style-type: none"> • Chocolate Mini Loaf w/Jungle Crackers Fruit Choice Milk Choice	22 <ul style="list-style-type: none"> • Chocolate Chip Oatmeal Bar Fruit Choice Milk Choice	23 Fall Break	24 Fall Break	25 Fall Break	26 Fall Break	
27 Fall Break	28 Fall Break	29 <ul style="list-style-type: none"> • Cocoa Chip Bar Fruit Choice Milk Choice	30 <ul style="list-style-type: none"> • Mini Maple Pancakes Fruit Choice Milk Choice	<i>Menu Subject to Change</i>			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Assorted Fruit: <ul style="list-style-type: none"> Cinnamon Applesauce Diced Peaches Diced Pears Sweet Red Grapes Tropical Pineapple Tidbits Red Delicious Apple Fresh Orange Citrusy Mandarin Oranges 	Assorted Vegetables: <ul style="list-style-type: none"> Fresh Baby Carrots Fresh Cucumber Slices Garden Side Salad Roasted Chickpeas Tomato Salad Fresh Celery Sticks Fresh Red and Green Peppers 	1 <ul style="list-style-type: none"> Beef & Cheese Nachos with Fresh Sliced Bread Seasoned Steamed Broccoli Fruit Choice Milk Choice	2 <ul style="list-style-type: none"> Baked Penne w/ Bread Oven Roasted Carrots Fruit Choice Milk Choice	3 <ul style="list-style-type: none"> Juicy Hamburger on a Bun Seasoned Steamed Broccoli Fruit Choice Milk Choice	4 <ul style="list-style-type: none"> Chicken Nuggets w/Fresh Sliced Bread Seasoned Steamed Golden Corn Fruit Choice Milk Choice	5
6	7 <ul style="list-style-type: none"> Cheesy Chicken Nachos w/Fresh Sliced Bread Steamed Broccoli Fruit Choice Milk Choice	8 <ul style="list-style-type: none"> Juicy Cheeseburger on a Bun Calico Baked Beans Fruit Choice Milk Choice	9 <ul style="list-style-type: none"> Macaroni and Cheese w/ Sliced Bread Stewed Tomatoes Fruit Choice Milk Choice	10 <ul style="list-style-type: none"> Meatball & Mozzarella Hoagie Seasoned Steamed Green Beans Fruit Choice Milk Choice	11 Veteran's Day	12
13	14 <ul style="list-style-type: none"> Juicy Hamburger on a Bun Creamy Mashed Potatoes Fruit Choice Milk Choice	15 <ul style="list-style-type: none"> Breaded Chicken Parm & Pasta Seasoned Steamed Broccoli Fruit Choice Milk Choice	16 <ul style="list-style-type: none"> Salisbury Steak w/ Gravy & Fresh Sliced Bread Seasoned Steamed Mixed Vegetables Fruit Choice Milk Choice	17 <ul style="list-style-type: none"> Roast Turkey w/ Gravy & Fresh Sliced Bread Creamy Mashed Potatoes w/ Gravy Fruit Choice Milk Choice	18 <ul style="list-style-type: none"> Ham & Cheese Wrap Seasoned Steamed Green Beans Fruit Choice Milk Choice	19
20	21 <ul style="list-style-type: none"> Cheesy Garlic Pull Apart Breadsticks Seasoned Steamed Mixed Vegetables Fruit Choice Milk Choice	22 <ul style="list-style-type: none"> Crispy Chicken Patty Sandwich Cooked Carrots Fruit Choice Milk Choice	23 Fall Break	24 Fall Break	25 Fall Break	26 Fall Break
27 Fall Break	28 Fall Break	29 <ul style="list-style-type: none"> Grilled Cheese Sandwich Oven Roasted Carrots Fruit Choice Milk Choice	30 <ul style="list-style-type: none"> Pasta w/Homemade Meat Sauce and Fresh Sliced Bread Seasoned Steamed Peas Fruit Choice Milk Choice	<i>Assorted Milk:</i>	<i>Menu Subject to Change</i>	