

**Elkin City Schools**  
**ELKIN MIDDLE SCHOOL**  
**NOVEMBER 2013**

Oct 30, 2013

Monday	Tuesday	Wednesday	Thursday	Friday
				Nov - 1 NO SCHOOL TODAY
Nov - 4 POP-TART W/TOAST CEREAL W/TOAST MILK - VARIETY ASST. JUICE ASSORTED FRESH FRUIT	Nov - 5 SAUSAGE BISCUIT CEREAL W/TOAST MILK - VARIETY ASST. JUICE ASSORTED FRESH FRUIT	Nov - 6 CHICKEN BISCUIT CEREAL W/TOAST MILK - VARIETY ASST. JUICE ASSORTED FRESH FRUIT	Nov - 7 STEAK BISCUIT CEREAL W/TOAST MILK - VARIETY ASST. JUICE ASSORTED FRESH FRUIT	Nov - 8 FRENCH TOAST STICKS CEREAL W/TOAST MILK - VARIETY ASST. JUICE ASSORTED FRESH FRUIT
Nov - 11 NO SCHOOL TODAY	Nov - 12 BLUEBERRY MUFFIN/WHO CEREAL W/TOAST MILK - VARIETY ASST. JUICE ASSORTED FRESH FRUIT	Nov - 13 SAUSAGE BISCUIT CEREAL W/TOAST MILK - VARIETY ASST. JUICE ASSORTED FRESH FRUIT	Nov - 14 CHICKEN BISCUIT CEREAL W/TOAST MILK - VARIETY ASST. JUICE ASSORTED FRESH FRUIT	Nov - 15 STEAK BISCUIT CEREAL W/TOAST MILK - VARIETY ASST. JUICE ASSORTED FRESH FRUIT
Nov - 18 POP-TART W/TOAST CEREAL W/TOAST MILK - VARIETY ASST. JUICE ASSORTED FRESH FRUIT	Nov - 19 SAUSAGE BISCUIT CEREAL W/TOAST MILK - VARIETY ASST. JUICE ASSORTED FRESH FRUIT	Nov - 20 CHICKEN BISCUIT CEREAL W/TOAST MILK - VARIETY ASST. JUICE ASSORTED FRESH FRUIT	Nov - 21 STEAK BISCUIT CEREAL W/TOAST MILK - VARIETY ASST. JUICE ASSORTED FRESH FRUIT	Nov - 22 BREAKFAST STICK CEREAL W/TOAST MILK - VARIETY ASST. JUICE ASSORTED FRESH FRUIT
Nov - 25 BLUEBERRY MUFFIN/WHO CEREAL W/TOAST MILK - VARIETY ASST. JUICE ASSORTED FRESH FRUIT	Nov - 26 SAUSAGE BISCUIT CEREAL W/TOAST MILK - VARIETY ASST. JUICE ASSORTED FRESH FRUIT	Nov - 27 NO SCHOOL TODAY	Nov - 28 NO SCHOOL TODAY	Nov - 29 NO SCHOOL TODAY

## CHOICE OF ENTREE

This institution is an equal employment opportunity provider and employer.

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient.

**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.