

Galva-Holstein Elementary & Ridge View High School

Why aren't bananas ever lonely?

Because they
come in bunches!

Hot breakfast or a "grab and go"
option will be available daily:
frudels, mini cini, bagels,
poptarts, & cereal

Menu is subject to change
without notice!

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What am I?

I'm a leafy dark-green
vegetable that likes cool
weather. I can be eaten raw
or cooked.

Spinach

This institution is an equal
opportunity provider.



November 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 biscuits/gravy Italian Chicken sandwich, spinach, brown rice	3 Pancakes Honey BBQ bites, potato smiles, baked beans, garlic toast	4 Donuts Grilled cheese, tomato soup	5 Pancake bites Chicken fries Mashed potatoes w/ gravy, dinner roll	6 No School
9 French toast Chicken Nuggets, baked beans, dinner roll	10 waffles Hot ham and cheese, sweet potato puffs, broccoli	11 Breakfast sandwich Tater tot casserole, dinner roll	12 breakfast pizza Orange Chicken, brown rice, vegetable stir fry, egg roll	13 Omelets Chicken fried steak, mashed potatoes w/ gravy, roll
16 Biscuits/gravy Mr. Rib sandwich, carrots	17 Pancakes Pizza crunchers, broccoli, breadstick	18 donuts Turkey, mashed potatoes, gravy, green bean casserole, roll, pumpkin bar	19 Pancake bites Crispito, refried beans	20 Scrambled egg Popcorn chicken, tri tator, Normandy veggies
23 French toast Pork Tenderloin, mashed potatoes, gravy, roll	24 Waffles Spaghetti & meatballs, green beans, breadstick	25 No School	26 No School Happy Thanksgiving	27 No School
30 Biscuits/gravy Bosco sticks, seasoned potato cubes, corn		Skim white and chocolate milk offered with both meals	Fruit and vegetable bar will be offered daily with lunch	Fresh/canned fruit and 100% fruit juice will be offered daily with breakfast



The MyPlate icon reminds us that we need to eat and drink foods from the five food groups. Fruits, Vegetables, Dairy, Grains, and Protein Foods are important for good health.

