

NOVEMBER

2020

Tenaha ISD High School

Breakfast- Scrambled eggs, toast
Lunch- Chicken soft taco, lettuce, cheese, refried beans, fruit, orange, milk, rice
Option- Burrito 2.

Breakfast- French Toast Sticks
Lunch- Stuffed crust Pizza, salad, carrot sticks, corn, peaches, milk, pudding
Option- Chicken Sand. 3.

Breakfast- Sausage, Biscuit
Lunch- Chicken fried steak, roll, potatoes, gravy, black eyed peas, pears, orange, milk,
Option- Chicken rings 4.

Breakfast- Pancake on a stick
Lunch- Baked Potato, ham, cheese, 2 bread stick, broccoli, baby carrots, pears, orange milk
Option- Pizza 5.

6.

Breakfast- Pizza
Lunch- Nachos, meat, cheese, pinto beans, mini carrots, pineapple, orange, milk, rice
Option- Burrito 9.

Breakfast- Biscuit, Gravy
Lunch- Fish Sticks, mac & cheese, salad, carrots, fruit, milk
Option- Chicken Strips 10.

Breakfast- Sausage, Biscuit
Lunch- Chicken Strips, potatoes, gravy, roll, green beans, baby carrots, pears, apples, milk
Option- Steak Fingers 11.

Breakfast- Cinnamon Roll, yogurt
Lunch- Tiger Burger, fixins, Smiley Fries, peaches, orange, baby carrots, milk
Option- Pizza 12.

Breakfast- Mini Pancakes
Lunch- Thanksgiving Feast 13.

Breakfast- Pancake on a Stick, fruit, juice, milk
Lunch- Pizza, corn, salad, fruit, milk, pudding
Option- Chicken Sand 16.

Breakfast- Muffin, yogurt, fruit, juice, milk
Lunch- Turkey Hoagie, baked beans, baked chips, fixins, tropical fruit, apple, milk
Option- Hamburger 17.

Breakfast- French Toast Sticks
Lunch- Hot Dog, chips, carrots, salad, pears, apple, milk, chili, cheese
Option- Corndogs 18.

Breakfast- Pizza
Lunch- Chicken fried steak sandwich, fixins, Tots, baby carrots, peaches, orange, milk
Option- Burger 19.

Breakfast- Omelet, toast, fruit, juice, milk
Lunch- Mini Corndogs, broccoli, carrots, Fruit mix, orange, milk, 20.

Have A Happy Thanksgiving!!

Breakfast- Pancake on a Stick
Lunch- Tacos, lettuce, cheese, pinto beans, pineapple, orange Rice
Option- Burrito 30.

Special Announcements:

Hope everyone has a Happy Restful Thanksgiving Break!!



Food and Nutrition Division
National School Lunch Program and School Breakfast Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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