

NOVEMBER 2022 Transylvania County Schools

MONDAY

7
Breakfast
 Breakfast Bread,
 Fresh Fruit
Lunch
 Cheese or Pepperoni Pizza
 Garden Salad
 Seasoned Green Beans
 Mixed Fruit

14
Breakfast
 Super Protein Donut,
 Fresh Fruit
Lunch
 Cheese Pocket w/
 Marinara Dip,
 Green Peas, Garden
 Salad, Mixed Fruit

21
Breakfast
 Cereal, Fresh Fruit
Lunch
 Mozzarella Cheese Sticks
 w/ Marinara Dip
 Garden Salad
 Seasoned Green Beans
 Mixed Fruit

28
Breakfast
 Super Protein Donut, Fresh
 Fruit
Lunch
 Cheese or Pepperoni Pizza
 Garden Salad
 Seasoned Green Beans
 Mixed Fruit

TUESDAY

1
**Teacher
 Workday**

8
Breakfast
 Berry Waffles, Dried Fruit
Lunch
 Chicken Fajitas
 Peppers & Onions
 Pinto Beans, Golden Corn
 Salsa, Cheese, Sour Cream
 Fresh Fruit

15
Breakfast
 Breakfast Pizza, Dried Fruit
Lunch
 Grilled Chicken Sandwich
 Lettuce/Tomato/Pickle
 Tator Tots
 Baby Carrots w/ Dip
 Fresh Fruit

22
Breakfast
 Berry Waffles, Dried Fruit
Lunch
 Crispy Chicken Sandwich
 French Fries
 Glazed Carrots
 Diced Pears

29
Breakfast
 Pancake Sausage Stick,
 Dried Fruit
Lunch
 Mandarin Orange Chicken
 Whole Grain Rice
 Steamed Broccoli,
 Mixed Vegetables,
 Diced Pears

WEDNESDAY

2
Breakfast
 Strawberry Bagel,
 Applesauce
Lunch
 Mandarin Orange Chicken
 Whole Grain Rice
 Steamed Broccoli,
 Mixed Vegetables,
 Diced Pears

9
Breakfast
 Ham and Cheese Croissant,
 Pineapple Tidbits
Lunch
 Meatball Sub
 French Fries
 Glazed Carrots
 Diced Pears

16
Breakfast: Cereal, Applesauce
Lunch
 Thanksgiving Feast!
 Turkey w/ Gravy
 Dressing
 Mashed Potatoes
 Berried Green Beans
 Cranberry Sauce, Apple Cobbler

23
**Thanksgiving
 Break**

30
Breakfast
 Chicken Biscuit, Applesauce
Lunch
 Beef Nachos
 Pinto Beans, Golden Corn,
 Lettuce, Cheese, Salsa & Sour
 Cream, Fresh Fruit

THURSDAY

3
Breakfast
 Cinnamon French Toast
 Sticks, Fruit Cup
Lunch
 Steak Nuggets w/ Roll
 Carrots Sticks w/ Ranch Dip
 Garden Salad
 Fresh Fruit

10
Breakfast
 Baked Cinnamon Roll,
 Fruit Cup
Lunch
 Mashed Potato Bowl
 Popcorn Chicken
 Biscuit w/ Pepper Gravy
 Golden Corn
 Sliced Peaches

17
Breakfast
 Breakfast Muffin, Fruit
 Cup
Lunch
 Chicken & Waffle
 Collard Greens
 Sweet Potatoes
 Fresh Fruit

24
**Happy
 Thanksgiving!**

Did you know?
 The full moon in November
 is traditionally called the
 Beaver Moon in the US.

FRIDAY

4
Breakfast
 Sausage Biscuit,
 Applesauce
Lunch
 Carnival Corn Dogs
 Baked Beans
 French Fries
 Sliced Peaches

11
**Veterans Day
 Holiday**

18
Breakfast
 Chicken Biscuit,
 Applesauce
Lunch
 Cheeseburger
 Lettuce, Tomato & Pickle
 French Fries, Golden Corn
 Sliced Peaches

25
**Thanksgiving
 Break**

Universal Free Breakfast

Breakfast is FREE to all students.

Breakfast in the Classroom is offered in all Elementary Schools and Brevard Middle School.

Brevard High School offers the Blue Devils Breakfast Cart Daily from 7:15am-8:20am.

A variety of breakfast items are offered daily.

RMS/RHS Offers Hot Breakfast on the serving line daily.

Flavored Iced Coffee served daily to HS Students

Lunch

Lunch Prices

Elementary- \$3.25
 Middle/High- \$3.50
 Adult- A la Carte Pricing

Additional Weekly Entrée Options

Elementary Schools

Deli Sandwich
 PB&J Sandwich
 Boxed Salads
 Yogurt Plates

Middle & High Schools

Deli Sandwich
 PB&J Sandwich
 Crispy Chicken Sandwich
 Boxed Salads & Baked Potatoes
 Berry Parfaits
 Pizza

All meals are served with 1 cup of fruit and 8oz Milk

Revised 10/24/2022

This institution is an equal opportunity provider.