

**All meals include a choice of
1% milk or fat free
chocolate milk**

NOVEMBER 2022

Cashmere Middle School

Daily choices of fruits and
vegetables
**All grains are at least 51%
whole grain**

Monday

Tuesday

Wednesday

Thursday

Friday

1
*Parent / Teacher
Conferences
No School*

2
Choice of Cereal & Muffin

**Corn Dog
**Burrito
Churro

3
Cheesy Egg Scramble
Biscuit

**Hamburger
French Fries
**Pepperoni Pizza Pocket

4
Breakfast Pizza

**Brunch for Lunch
(Omelet, Pancakes & Sausages)
**Cheese Quesadilla

7
Choice of Cereal & Muffin

**Bean & Cheese Burrito
**Cheese Quesadilla

8
Bagel & Cream Cheese
Yogurt

**Chicken Nuggets
Mashed Potato & Gravy
**Turkey & Cheese Croissant

9
Omelet & Biscuit

**Chicken Burger
**Pepperoni Pizza Ripper

10
Choice of Cereal & Muffin

**Ham & Cheese Melt
Turley & Cheese Sub



14
Choice of Cereal & Muffin

**Homemade Spaghetti
W/G Roll
**Cheese Quesadilla

15
Cheesy Egg Scramble
Sausages

**Chicken Nuggets w/ WG Roll
**Ham & Cheese Melt

16
Bagel & Cream Cheese
Yogurt

**Hamburger
French Fries
**Pepperoni Pizza Pocket

17
French Toast
Yogurt

**Ravioli w/ WG Roll
**BBQ Pulled Pork Sandwich
Corn

18
Breakfast Pizza

**Burrito with Chips & Cheese
**Corn Dog with Chips & Cheese

21
Choice of Cereal & Muffin

**Teriyaki Beef Dippers
with Rice
**Egg Roll with Rice
Fortune Cookie

22
Yogurt Parfait

**Chicken Burger
**Pepperoni Pizza Pocket

23
Early Release
Choice of Cereal & Muffin

**Ham & Cheese Melt
**Turley & Cheese Sub



28
Choice of Cereal & Muffin

**Fish Sticks with Fries
**Corn Dog
**Ham & Cheese Melt

29
French Toast
Yogurt

**Chicken Nuggets
Mashed Potato & Gravy
**Turkey & Cheese Croissant

30
Pancake Wrap

**Brunch for Lunch
(Omelet, Pancakes & Sausages)
** Cheese Quesadilla

Important Notice: Cashmere School District is **NOT** peanut or tree nut free. Your child may be exposed to peanut or tree nuts in the course of their day while in any Cashmere School District property.

This institution is an equal opportunity employer.

Menu subject to change

