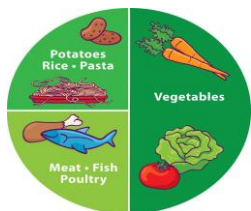


**ASSEMBLY 'S  
CAFETERIA  
BREAKFAST  
PROVIDES YOU  
WITH  
MORE FRUITS**



**MAKE SURE YOU EAT ALL YOUR FRUITS FOR BREAKFAST!!!**

**Breakfast Prices November 16 Days**

**Full Pay- \$1.90 x 16 = \$30.40**

**Reduced .30 x 1 = \$4.80**

**Start your Day Off With a Good Breakfast**

**MENU'S ARE SUBJECT TO CHANGE**

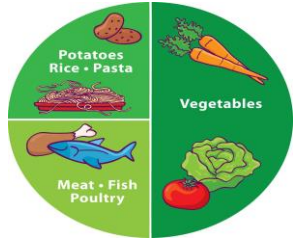
**Condiments Available Daily:**

- Syrup
- Jelly

# November Breakfast 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2
			Grits Toast Ham Patty Jelly Pears Choice of Juice Choice of Milk	Breakfast on Stick  Mixed Fruits  Choice of Juice Choice of Milk
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
WG Assorted Cereal WW Toast Jelly Apple Sauce  Choice of Juice Choice of Milk	 <b>Election Day</b>	Waffles Egg Patty Syrup Peaches  Choice of Juice Choice of Milk	Grits WW Toast Bacon Jelly Pears Choice of Juice Choice of Milk	Breakfast Pizza  Mixed Fruits  Choice of Juice Choice of Milk
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
WG Assorted Cereal WW Toast Jelly Apple Sauce  Choice of Juice Choice of Milk	Biscuit Bacon Jelly Fresh Fruit  Choice of Juice Choice of Milk	WG Pancakes Ham Patty Syrup Peaches  Choice of Juice Choice of Milk	Grits WW Toast Sausage Patty Jelly Pears Choice of Juice Choice of Milk	Breakfast Burrito  Mixed Fruits  Choice of Juice Choice of Milk
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
				
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
WG Assorted Cereal WW Toast Jelly Apple Sauce Rice Krispy Treats Choice of Juice Choice of Milk	Biscuit Sausage Patty Jelly Fresh Fruit  Choice of Juice Choice of Milk	WG Pancakes Egg Patty Syrup Peaches  Choice of Juice Choice of Milk	Grits WW Toast Bacon Jelly Pears Choice of Juice Choice of Milk	Breakfast Pizza  Mixed Fruits  Choice of Juice Choice of Milk

**Assembly Christian's  
Cafeteria Lunches  
Provide You With  
More Healthier  
Choices**



**Lunch Prices November 16 Days**  
**Full Pay \$2.70 x 16 = \$43.20**  
**Reduced .40 x 16 = \$6.40**

LET'S SEE HOW MANY DIFFERENT COLOR VEGETABLES YOU CAN EAT PER DAY!!!!

Our Salads are a combination of Spinach Spring Mix (Green & Red Lettuces), Romaine, Iceberg, Tomatoes, Cucumbers, Purple Cabbage & Carrots

We offer Baby Carrots everyday  
 Our Stack of Trim is Spinach, Tomatoes, & Pickle Slices

The Grains we serve At Lunch are Whole Wheat/Whole Grain.

YOU ALSO HAVE A VARIETY OF MEATS SERVED EACH WEEK.

We serve Fruits Daily  
 Also 100% Fruit Juices  
**Condiments Available Daily:**  
 Ranch Fat Free, Regular, Italian  
 Ketchup, Mustard, B.B. Que Sauce  
 Mayonnaise : Fat Free or Regular

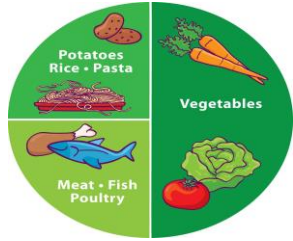
**MENU'S ARE SUBJECT TO CHANGE**

# NOVEMBER LUNCH 2018 - PK - 8TH GRADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2
			Chicken & Sausage Gumbo/ Rice Green Beans Green Leafy Salad Pears Dinner Roll  Choice of Milk	Pepperoni Pizza Corn Green Leafy Salad Pineapple Tidbits Rice Krispy Treats  Choice of Milk
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
Salsbury Steak Mashed Potatoes w/ Gravy Glazed Carrots Green Leafy Salad Sliced Peaches Dinner Roll  Choice of Milk	 Election Day	Hamburger Bun Potatoes Stack of Trim Fruit Cocktail Slice Cheese  Choice of Milk	Pig In Blanket Bun Potatoes Cucumber/Tomatoes Pears Rice Krispy Treat  Choice of Milk	EMB Pizza Corn Green Leafy Salad  Cookie  Choice of Milk
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
Taco's Corn Lettuce/Tomatoes Shredded Cheese Sour Cream Apple Crisp  Choice of Milk	Red Beans Sausage Rice Cole Slaw Sliced Pears Cornbread  Choice of Milk	Turkey Hot Dog Bun/ Chili Potatoes Green Leafy Salad Fruit Cocktail  Choice of Milk	Turkey Roast W/Gravy Rice Yam Casserole Green Leafy Salad Fruit Salad Chocolate Cake  Choice of Milk	Hamburger Pizza Corn Green Leafy Salad Pineapple Tidbits Cookie  Choice of Milk
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
 				
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
Chicken Nugget Macaroni & Cheese Carrots & Peas Green Leafy Salad Sliced Peaches Dinner Roll  Choice of Milk	Beef Stew Rice White Beans Green Leafy Salad Apple Sauce WW Dinner Roll  Choice of Milk	Cheese Burger Bun Potatoes Stack of Trim Fruit Cocktail Slice Cheese  Choice of Milk	Spaghetti Beef Meat Sauce Green Beans Green Leafy Salad Pears Cinnamon Roll  Choice of Milk	Pepperoni Pizza Corn Green Leafy Salad Pineapple Tidbits Cookie  Choice of Milk

# NOVEMBER LUNCH 2018 - 9 - 12TH GRADES

Assembly Christian's  
Cafeteria Lunches  
Provide You With  
More Healthier  
Choices



Lunch Prices November 16 Days  
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Reduced .40 x 16 = \$6.40

LET'S SEE HOW MANY DIFFERENT COLOR VEGETABLES YOU CAN EAT PER DAY!!!!

Our Salads are a combination of Spinach Spring Mix (Green & Red Lettuces), Romaine, Iceberg, Tomatoes, Cucumbers, Purple Cabbage & Carrots

We offer Baby Carrots everyday  
Our Stack of Trim is Spinach, Tomatoes, & Pickle Slices

The Grains we serve At Lunch are Whole Wheat/Whole Grain.

YOU ALSO HAVE A VARIETY OF MEATS SERVED EACH WEEK.

We serve Fruits Daily  
Also 100% Fruit Juices  
**Condiments Available Daily:**  
Ranch Fat Free, Regular, Italian  
Ketchup, Mustard, B.B. Que Sauce  
Mayonnaise : Fat Free or Regular

**MENU'S ARE SUBJECT TO CHANGE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2
			Chicken & Sausage Gumbo/ Rice Green Beans Green Leafy Salad Pears Dinner Roll Choice of Juice Choice of Milk	Pepperoni Pizza Corn on Cob Green Leafy Salad Pineapple Tidbits Rice Krispy Treats  Choice of Juice Choice of Milk
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
Salsbury Steak Mashed Potatoes w/ Gravy Glazed Carrots Green Leafy Salad Sliced Peaches Dinner Roll Choice of Juice Choice of Milk	 Election Day	Hamburger Bun Potatoes Stack of Trim Fruit Cocktail Slice Cheese Choice of Juice Choice of Milk	Pig In Blanket Bun Potatoes Cucumber/Tomatoes Pears Rice Krispy Treat Choice of Juice Choice of Milk	EMB Pizza Corn Green Leafy Salad Pineapple Tidbits Cookie  Choice of Juice Choice of Milk
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
Taco's Corn Lettuce/Tomatoes Shredded Cheese Sour Cream Apple Crisp Choice of Juice Choice of Milk	Red Beans Sausage Rice Cole Slaw Sliced Pears Cornbread Choice of Juice Choice of Milk	Turkey Hot Dog Bun/ Chili Potatoes Green Leafy Salad Fruit Cocktail  Choice of Juice Choice of Milk	Turkey Roast W/Gravy Rice Yam Casserole Green Leafy Salad Fruit Salad Chocolate Cake Choice of Juice Choice of Milk	Hamburger Pizza Corn Green Leafy Salad Pineapple Tidbits Cookie  Choice of Juice Choice of Milk
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
  				
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
Chicken Nugget Macaroni & Cheese Carrots & Peas Green Leafy Salad Sliced Peaches Dinner Roll Choice of Juice Choice of Milk	Beef Stew Rice White Beans Green Leafy Salad Apple Sauce WW Dinner Roll Choice of Juice Choice of Milk	Cheese Burger Bun Potatoes Stack of Trim Fruit Cocktail Slice Cheese Choice of Juice Choice of Milk	Spaghetti Beef Meat Sauce Green Beans Green Leafy Salad Pears Cinnamon Roll Choice of Juice Choice of Milk	Pepperoni Pizza Corn Green Leafy Salad Pineapple Tidbits Cookie  Choice of Juice Choice of Milk