

Menus for November 2022

Intermediate Schools

This institution is an equal opportunity provider.
Menus are subject to change



Make the healthy, economical choice!

Breakfast

Lunch

\$2.25 \$3.25

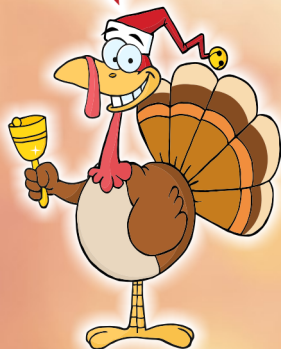
Get in touch with us today to learn more about free and reduced-price meals in our district:
405-376-7317 or CruzD@Mustangps.org

Thank You



★ VETERANS' DAY NOVEMBER 11 ★

Only 36 more school days 'til



Tuesday, November 1

Breakfast

Sausage Croissant
Pears
Juice/Milk

Lunch

Beef Tacos
Fresh Veggies
Or Fiestada Pizza
Corn
Chili Beans
Cinnamon Apples
Juice/Milk

Wed., November 2

Breakfast

French Toast Sticks
Peaches
Juice/Milk

Lunch

Grilled Cheese
Tomato Soup
Celery/Carrot Sticks
Assorted Fruit
Juice/Milk

Thursday, November 3

Breakfast

Berry Parfait
Cinnamon Breakfast Cookie
Juice/Milk

Lunch

Mac & Cheese w/ Lil Smokies
Dinner Roll
Peas
Fresh Veggies
Rosy Applesauce
Juice/Milk

Friday, November 4

Breakfast

Breakfast Sausage Pizza
Apple Slices
Juice/Milk

Lunch

Corn Dog
Seasoned Potatoes
Baked Beans
Assorted Fruit
Fruit/Juice

AVAILABLE DAILY

BREAKFAST

You may choose cereal and graham crackers in place of main item.

(There will also be an assortment of fruits/fruit juice and vegetables served daily)



Monday, November 7

Breakfast

Banana Bread
Orange Smiles
Juice/Milk

Lunch

PopCorn Chicken
Dinner Roll
Mashed Potatoes & Gravy
Green Beans
Assorted Fruit
Juice/Milk

Tuesday, November 8

Breakfast

Sausage Biscuit
Pears
Juice/Milk

Lunch

Spaghetti w/ Meat Sauce
Garlic Cheese Breadstick
Or Pizza Munchable
Carrots
Fresh Veggies
Assorted Fruit
Juice/Milk

Wed., November 9

Breakfast

French Toast Sticks
Peaches
Juice/Milk

Lunch

Steak Fingers
Dinner Roll
Mashed Potatoes & Gravy
Mixed Veggies
Assorted Fruit
Juice/Milk

Thursday, November 10

Breakfast

Turkey Pancake Wrap
Assorted Fruit
Juice/Milk

Lunch

Chicken & Noodles
Garlic Cheese Breadstick
Carrot Sticks
Peas
Assorted Fruit
Juice/Milk

Friday, November 11

Breakfast

Breakfast Sausage Pizza
Apple Slices
Juice/Milk

Lunch

Bronco Burger
Red & White Fries
Baked Beans
Assorted Fruit
Juice/Milk

GRATEFUL

Kim Novotny



Assistant
Director
of Child
Nutrition



MUSTANG PUBLIC SCHOOLS IS LOOKING TO HIRE

FULL TIME CHILD NUTRITION POSITIONS AND CHILD NUTRITION SUBS

WE OFFER A GREAT BENEFITS PACKAGE INCLUDING
DISTRICT-PAID TEACHER RETIREMENT CONTRI-
BUTION, STATE-PAID HEALTH INSURANCE, OR
SALARY IN LIEU OF BENEFIT FOR EMPLOYEE, LIFE
INSURANCE BENEFIT,
SICK, PERSONAL AND BEREAVEMENT DAYS.
THIS IS A GREAT JOB FOR ANYONE WHO WANTS TO
BE HOME

WHEN THEIR KIDS ARE HOME!
COME WORK WITH A GREAT TEAM FOR ONE OF THE
TOP 100

WORKPLACES IN OKLAHOMA!
WE'LL TRAIN YOU!! FOR MORE INFORMATION, CALL

Kim AT (405)256-6931

If you are interested, please apply online @
www.mustangps.org

Monday, November 14

Breakfast

Cinnamon Toast Crunch
Applesauce Cup
Fruit/Milk

Lunch

Chicken Nuggets
Carrots
French Fries
Assorted Fruit
Juice/Milk

Tuesday, November 15

Breakfast

Sausage Croissant
Pears
Juice/Milk

Lunch

Cheese Pizza
Or Mustang Munchable
Fresh Veggies
Broccoli
Assorted Fruit
Juice/Milk

Wed., November 16

Breakfast

French Toast Sticks
Peaches
Juice/Milk

Lunch

Grilled Cheese
Tomato Soup
Celery/Carrot Sticks
Assorted Fruit
Juice/Milk

Thursday, November 17

Breakfast

Berry Parfait
Cinnamon Breakfast Cookie
Juice/Milk

Lunch

Turkey Breast
Mashed Potatoes & Gravy
Cornbread Stuffing
Dinner Rolls
Green Beans
Apple Crisp
Juice/Milk

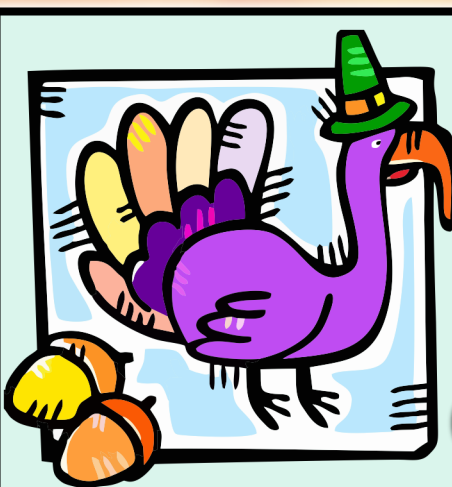
Friday, November 18

Breakfast

Breakfast Sausage Pizza
Apple Slices
Juice/Milk

Lunch

PB&J or
Ham and Cheese
Nacho Cheese Chips
Celery/Carrot Sticks
Choc Chip Cookie
Assorted Fruit
Juice/Milk



Thanksgiving Beak Break!

See you beak back here on Monday, November 28!

Monday, November 28

Breakfast

Cinnamon Roll
Orange Smiles
Juice/Milk

Lunch

Chicken Drumstick
Mashed Potatoes & Gravy
Dinner Roll
Green Beans
Assorted Fruit
Juice/Milk

Tuesday, November 29

Breakfast

Sausage Biscuit
Pears
Juice/Milk

Lunch

Beef Tacos
Fresh Veggies
Or Fiestada Pizza
Corn
Chili Beans
Cinnamon Apples
Juice/Milk

Wed., November 30

Breakfast

French Toast Sticks
Peaches
Juice/Milk

Lunch

Grilled Cheese
Tomato Soup
Celery/Carrot Sticks
Assorted Fruit
Juice/Milk



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Lunch

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