

Cowan Elementary Breakfast & Lunch

Manager: Vonda Bradford

November 2009



Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger on wheat Fries 2 Orange Half Milk Cereal Buttered Toast Juice Milk	Sliced Pork w/ gravy Creamed Potatoes 3 Green Peas Biscuit Milk Pancake Wrap Juice Milk	Potato Soup Grilled Cheese 4 Carrots w/ dressing Milk Cereal Doughnut Juice Milk	Lasagna Side Salad 5 Wheat Roll Milk Chicken Biscuit Juice Milk	Cheese Pizza Buttered Corn 6 Banana Milk Grilled Cheese Juice Milk
Corn Dog Fries 9 Diced Pears Milk Cereal Buttered Toast Juice Milk	Chili Toasted Cheese 10 Crackers Carrots w/ dressing Milk Bagel Jelly Juice Milk	Sliced Ham Green beans 11 Cheesy Potatoes Wheat Roll Milk Cereal Cinnamon Toast Juice Milk	Sausage Biscuit 12 Potato Rounds Pineapple Tidbits Milk Breakfast Pizza Juice Milk	Chicken Sandwich on wheat Pork & Beans 13 Diced Peaches Milk Cereal Honey Bun Milk Juice
Cheese Pizza Steamed Corn 16 Frozen Juice Bar Milk Cereal Buttered Toast Jelly Juice Milk	Hot Dog Corn Chips 17 Pork & Beans Applesauce Milk French Toast Sticks Syrup Juice Milk	Sliced Turkey Dressing 18 Green Beans Baked Apples w/ Yams Wheat Roll Milk Spice Cake Breakfast break	Chicken Nuggets Creamed Potatoes 19 Green Peas Biscuit Milk Egg Patty Buttered Toast Juice Milk	Hamburger on wheat Fries 20 Mixed Fruit Milk Cereal Pro Ball Juice Milk
BBO Baked Beans 23 Slaw Wheat Roll Milk Cereal Cheese Toast Juice Milk	Sack Lunch PB&J Sandwich 24 Carrots w/ dressing Banana Chips Milk Steak Biscuit Juice	25 No School	Thanksgiving 26 	27 No School
Vegetable Beef Soup 30 Grilled Cheese/ Crackers Applesauce Milk Assorted Breakfast Items Juice Milk	Guess What? On November 26, 1789, President George Washington proclaimed the first national Thanksgiving Day in the United States.			

A La Carte

Menu subject to change.
Choices:
Daily
Regular Menu
Sack Lunch

T/TH
Yogurt Lunch

Milk choices offered daily.

- Milk- .50
- Water- .50
- Juice- .50
- Breakfast Juice- .50
- Fruit Roll up - .50
- Pop Tart - .50
- Ice Cream- .50

School News

Student Breakfast- 1.50
Lunch- 2.25

Adult Breakfast- 1.75
Staff Lunch- 3.00

Visitor Breakfast- 1.75
Lunch- 3.75

Children Holiday Meal- 3.75
Adult- 4.25

USDA Non-discrimination Statement:
In accordance with Federal law and the
U.S. Department of Agriculture
(USDA) policy, this institution is
prohibited from discriminating on the
basis of race, color, national origin, sex,
age, or disability. To file a complaint of
discrimination, write to USDA,
Director, and Office of Civil Rights,
1400 Independence Avenue, SW,
Washington, DC 20250-9410 or call
800-795-3272 or 202-720-6382 (TTY).
USDA is an equal opportunity

