

# NOVEMBER 2024

## Maysville Public School Go Warriors

### BREAKFAST



**School Information:** Kristy McGowen  
 @405-867-5550 ext 236 or  
[mcgowenk@maysville.k12.ok.us](mailto:mcgowenk@maysville.k12.ok.us) *This Institution Is An Equal Opportunity.*



**November 25 is National Parfait Day!** Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY



Pancakes w/syrup  
 Bacon or Cereal, Cereal  
 Bars.  
 Fruit  
 Milk or Juice **4**

Scrambled Eggs w/Ham  
 and Hash browns or  
 Cereal, Cereal Bars,  
 Fruit  
 Milk or Juice **5**

Sausage & Egg Sliders  
 w/Go-Yogurt or Cereal,  
 Cereal Bars  
 Fruit  
 Milk or Juice **6**

Breakfast Enchiladas  
 w/Salsa & Potato  
 rounds or Cereal,  
 Cereal Bars  
 Fruit Milk or Juice **7**

Fruit Turnovers  
 w/icing, Cheese  
 Stick or Cereal,  
 Cereal Bars & Fruit  
 Milk or Juice **1**

**Veterans Day**  
 Red & White & Blue  
**PARFAIT!** w/Toast  
 Cereal, Cereal Bars  
 Milk or Juice **11**

Biscuits & Gravy  
 Casserole, Sausage  
 Links or Cereal, Cereal  
 Bars & Fruit  
 Milk or Juice **12**

Egg & Bacon Breakfast  
 Tacos w/Salsa or  
 Cereal, Cereal Bars  
 Fruit  
 Milk or Juice **13**

Breakfast Pizza, Go-  
 Yogurt or Cereal,  
 Cereal Bars  
 Fruit  
 Milk or Juice **14**

Tornados w/  
 Cheese Sticks  
 Cereal, Cereal Bars  
 Fruit  
 Milk or Juice **15**

French Toast Sticks  
 w/icing Bacon or  
 Cereal, Cereal Bars  
 Fruit  
 Milk or Juice **18**

Breakfast Burritos  
 w/Salsa, Go-Yogurt  
 Cereal, Cereal Bars  
 Fruit  
 Milk or Juice **19**

Biscuits and Gravy  
 w/Sliced Ham. Or  
 Cereal, Cereal Bars  
 Fruit  
 Milk or Juice **20**

Pancake on Stick  
 w/Syrup or Cereal,  
 Cereal Bars, Cheese  
 Stick, Fruit  
 Milk or Juice **21**

Cereal or Cereal Bar  
 Only  
 Fruit  
 Milk or Juice **22**

**NO SCHOOL** **25**

**NO SCHOOL** **26**

**NO SCHOOL** **27**

**NO SCHOOL** **28**

**NO SCHOOL** **29**

# NOVEMBER 2024

## Maysville Public School Go Warriors!!!!

### LUNCH



**School Information:** [Kristy McGowen @ 405-867-5550 ext 236](mailto:Kristy.McGowen@msps.k12.ok.us) or [mcgowenk@maysville.k12.ok.us](mailto:mcgowenk@maysville.k12.ok.us). *This Institution Is An Equal Opportunity*



**November is National Peanut Butter Lovers Month.** Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich.



#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY



Hot Ham & Cheese Sandwiches  
Chips  
Veggie/Fruit  
Milk 1

Chicken Bites  
Mashed Potato's w/Gravy & Bread  
Veggie/Fruit  
Milk 4

Meatball Sub Sliders  
Chips  
Veggie/Fruit  
Cookie  
Milk 5

Hamburger Veggie  
Soup  
Crackers  
Cheese Stick  
Fruit & Milk 6

Pizza Calzone  
Salad w/Dressing  
Veggie  
Fruit  
Milk 7

Cripitio's (Chicken & Chili)  
Veggie  
Fruit  
Milk 8

**Veterans Day**  
Spaghetti  
Garlic Knots & Salad  
Fruit & Milk  
Red, White Blue Cake 11

Taco's  
Corn on Cob  
Fruit  
Cookie  
Milk 12

Sub Sandwiches  
Chips  
Fruit  
Sweet Treat  
Milk 13

Little Smokies  
Mac & Cheese  
Veggie  
Fruit  
Milk 14

Sloppy Joe  
Chips  
Veggie  
Fruit  
Milk 15

Chicken Chef Salad  
Crackers  
Fruit  
Pudding  
Milk 18

Cheeseburgers  
Tator Tots  
Veggie  
Fruit  
Sweet Treat  
Milk 19

Burritos  
Salad  
Fruit  
Sweet Treat  
Milk 20

Corn Dogs  
Chips  
Veggie  
Fruit  
Cookie & Milk 21

Thanksgiving Dinner with all the fixin.  
Come ready to eat!!

NO SCHOOL 25

NO SCHOOL 26

NO SCHOOL 27

NO SCHOOL 28

NO SCHOOL 29