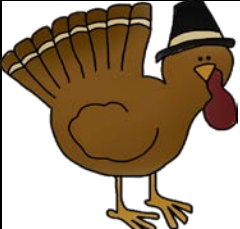


Breakfast NOVEMBER 2019 Junior High

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Breakfast Pizza, Fresh Fruit, Juice, Low Fat Milk
4	5	6	7	8
Muffin or Cereal, Mixed Fruit, Fruit Juice, Low Fat Milk	Sausage Biscuit Sandwich, Juice, Fresh Fruit, Low Fat Milk	Apple Bosco Stick OR Breakfast Sliders, Fresh Grapes, Juice, Low Fat Milk	Bacon Scramble Pizza, Chilled Fruit, Juice, Low Fat Milk	Waffle Sticks w Syrup OR Cereal, Chilled Fruit, Juice, Low Fat Milk
11	12	13	14	15
Cereal w String Cheese, Fresh Fruit, Juice, Low Fat Milk	Cinnamon Toast Sticks w Syrup OR Cereal, Chilled Pears, Juice, Low Fat Milk	PB&J Uncrustable, Fresh Apple Slices, Juice, Low Fat Milk	Sausage Pizza OR Sliders, Chilled Fruit, Juice, Low Fat Milk	Blueberry Muffin or Cereal, Mixed Fruit, Fruit Juice, Low Fat Milk
18	19	20	21	22
Yogurt&Fruit Parfait, Pop Tart, Juice, Low Fat Milk	Chocolate Muffin or Cereal, Mixed Fruit, Fruit Juice, Low Fat Milk	Egg Omelet, Biscuit & Jelly, Orange Wedges, Juice, Low Fat Milk	Piggle Stick w Syrup, OR Cereal Diced Peaches, Juice, Low Fat Milk	Breakfast Pizza OR Cereal, Pineapple , Juice, Low Fat Milk
25	26	27	28	29
Cereal w String Cheese, Fresh Fruit, Juice, Low Fat Milk	W.G. Donut OR Cereal, Juice, Chilled Fruit, Low Fat Milk	NO SCHOOL	NO SCHOOL	NO SCHOOL

Lunch NOVEMBER 2019 JR. HIGH

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Pizza, Seasoned Potato Wedges, Corn, Assorted Fruit, Low Fat Milk
4	5	6	7	8
Cheeseburger on WG Bun, Fresh Carrots & Ranch, Potato Smiles, Chilled Fruit, Low Fat Milk	Chicken Nuggets, WG Roll, Mashed Potatoes, Gravy, Green Beans, Peaches, Low Fat Milk	Hot Dog on WG Bun OR Chicken & Cheese Quesadilla, Baked Beans, Celery Sticks (1/4 c), Fresh Fruit, Low Fat Milk	Pulled Pork BBQ, or Ham & Cheese Cup, WG Roll, Baked Potato, Steamed Broccoli, Peaches, Low Fat Milk	Chili with a Bosco Stick, Dragon Juice, Oven Fries, Assorted Fresh Fruit, Low Fat Milk
11	12	13	14	15
Breaded Mozzarella Cheese Sticks, Marinara Sauce (3oz.) OR Sloppy Joe, Cole Slaw, Fresh Fruit, Low Fat Milk	Salisbury Steak, WG Roll, Mashed Potatoes, Gravy, Peas & Carrots, Fresh Fruit, Low Fat Milk	Tacos OR Fajitas w Cheese & Lettuce, Refried Beans, Seasoned Corn, WG Shell, Blueberries, Low Fat Milk	Chicken Smackers, WG Roll, Mashed Potatoes, Gravy, Glazed Carrots, Chilled Fruit, Low Fat Milk	Pizza OR Fish, Romaine Salad with Tomatoes & Ranch Fresh Fruit, Low Fat Milk
18	19	20	21	22
Chicken Patty on WG Bun, Potato Wedges, Peas, Fruit, Low Fat Milk	Spaghetti w Meat Sauce, WG Bread Stick, Romaine Salad w Tomatoes (1/4c), Chilled Fruit, Low Fat Milk	Mini Corn Dogs, Baked Beans, Fresh Carrots & Ranch, Fresh Fruit, Low Fat Milk	Turkey & Gravy, WG Roll, Mashed Potatoes, Green Beans, Fruit, Low Fat Milk FREE COOKIE WITH MEAL	Macaroni & cheese OR Lasagna, Bread Stick, Marinara Sauce (3oz.), Romaine Salad, Ranch Dressing, Grapes, Low Fat Milk
25	26	27	28	29
Hamburger on WG Bun, Potato Smiles (1/2 c), Fresh Carrots & Ranch, Fresh Fruit, Low Fat Milk	Teriyaki Nuggets OR Chicken Nuggets, WG Roll, Pasta w Marinara Sauce, Peas, Fruit, Low Fat Milk	Thanksgiving Break		Thanksgiving Break