

## Breakfast NOVEMBER 2019

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	Egg&Cheese Biscuit, Juice, Fruit, Low Fat Milk	Apple Bosco Stick OR Cereal, 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, 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

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, Baked Beans, Celery Sticks (1/4 c), Fresh Fruit, Low Fat Milk	Tacos w Cheese & Lettuce, Refried Beans, Seasoned Corn, WG Shell, Blueberries, Low Fat Milk	Breaded Mozzarella Cheese Sticks, Marinara Sauce (3oz.) OR Sloppy Joe, Cole Slaw, Fresh Fruit, Low Fat Milk
11	12	13	14	15
Chicken Patty on WG Bun, OR Hamburger, Potato Wedges, Peas, Fruit, Low Fat Milk	Salisbury Steak, WG Roll, Mashed Potatoes, Gravy, Peas & Carrots, Fresh Fruit, Low Fat Milk	Mini Corn Dogs, Baked Beans, Fresh Carrots & Ranch, Fresh Fruit, Low Fat Milk	Chicken Smackers, WG Roll, Mashed Potatoes, Gravy, Steamed Broccoli, Chilled Fruit, Low Fat Milk	Big Daddy's Pizza, Romaine Salad with Tomatoes & Ranch, Fresh Fruit, Low Fat Milk
18	19	20	21	22
Pulled Pork BBQ OR Rib-be-Cue on WG Bun, Seasoned Potato Wedges, Baked Beans, Mandarin Oranges, Low Fat Milk	Spaghetti w Meat Sauce, WG Bread Stick, Romaine Salad w Tomatoes (1/4c), Chilled Fruit, Low Fat Milk	Chili with a Bosco Stick, Dragon Juice, Oven Fries, Assorted Fresh Fruit, Low Fat Milk	Turkey & Gravy, WG Roll, Mashed Potatoes, Green Beans, Fruit, Low Fat Milk FREE COOKIE WITH MEAL	Macaroni & cheese, Bread Stick, Marinara Sauce (3oz.), Romaine Salad, Ranch Dressing, Grapes, Low Fat Milk
25	26	27	28	29
Hamburger OR Cheeseburger 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			