


NOVEMBER 2018

ELEMENTARY SCHOOL MENU

BREAKFAST

LUNCH

TH NOV	1	Breakfast Pizza	Cheese Quesadilla on WG Tortilla
F	2	Breakfast Sandwich	Cheese or Pepperoni Pizza
M	5	Dutch Strawberry Waffle	Fish Sticks
T	6	Egg Scramble w/English Muffin	Spaghetti & Meatballs w/WG breadstick
W	7	Sausage Pup	Thanksgiving Turkey Dinner w/WG Roll
TH	8	Breakfast Sandwich	Cheese or Pepperoni Pizza
F	9	NO SCHOOL	
M	12	VETERANS' DAY NO SCHOOL	
T	13	Baked Pancakes & fruit	Corn Dog
W	14	Muffin & Sausage	Sloppy Joes on WG Bun
TH	15	Breakfast Pizza	Cheese or Pepperoni Pizza
F	16	Breakfast Sandwich	Sack Lunch #CELEBRATE NOVEMBER BIRTHDAYS#
M	19		
T	20		
W	21		
TH	22		
F	23		
M	26	Pancake Bites	Cheesy Breadsticks w/marinara sauce
T	27	Breakfast Taco	Toasted Cheese Sandwich w/Tomato Soup
W	28	Sausage Pup	Cheeseburger on WG Bun
TH	29	Breakfast Pizza	Meatloaf w/mashed potatoes
F	30	Breakfast Sandwich	Cheese or Pepperoni Pizza

DID YOU KNOW?

All breads, buns, rolls, pasta, crackers and tortillas are whole grain.

All recipes are made from scratch using the freshest ingredients available.

We meet and/or exceed the requirements for fruits, vegetables, grains and meat/meat alternate.

All cheeses and salad dressings are low fat.

OFFERED DAILY

BREAKFAST

~ Fresh/Dried/Canned Fruit and Juice ~

~ Non-Fat/1% White Milk ~

Variable breakfast entrée choices include

Cold cereal, Yogurt, Bagel, Chewy Breakfast Bar

LUNCH

~ Fresh/Dried/Canned Fruit ~

~ Fresh Vegetables ~

~ Non-Fat Chocolate/1% White Milk ~



Breakfast Prices:

Grades K-12 \$1.75

Extra Milk or Juice \$0.40

Adult \$2.25

Lunch Prices:

Grades K-5 \$2.75

Grades 6-12 \$3.00

Extra Milk \$0.40

Adult \$4.25

~Menu subject to change~


This institution is an equal opportunity provider.

NOVEMBER 2018

MIDDLE/HIGH SCHOOL MENU

BREAKFAST

LUNCH

TH NOV	1	Breakfast Pizza	Cheese Quesadilla on WG Tortilla
F	2	Breakfast Sandwich	Cheese or Pepperoni Pizza
M	5	Dutch Strawberry Waffle	Chicken Burger
T	6	Egg Scramble w/English Muffin	Spaghetti & Meatballs w/WG breadstick
W	7	Sausage Pup	Thanksgiving Turkey Dinner w/WG Roll
TH	8	Breakfast Sandwich	Cheese or Pepperoni Pizza
F	9	NO SCHOOL	
M	12	VETERANS' DAY NO SCHOOL	
T	13	Baked Pancakes & fruit	Corn Dog
W	14	Muffin & Sausage	Sloppy Joes on WG Bun
TH	15	Breakfast Pizza	Cheese or Pepperoni Pizza
F	16	Breakfast Sandwich	Sack Lunch #CELEBRATE NOVEMBER BIRTHDAYS#
M	19	 Happy Thanksgiving	
T	20		
W	21		
TH	22		
F	23		
M	26	Pancake Bites	Cheesy Breadsticks w/marinara sauce
T	27	Breakfast Taco	Toasted Cheese Sandwich w/Tomato Soup
W	28	Sausage Pup	Cheeseburger on WG Bun
TH	29	Breakfast Pizza	Meatloaf w/mashed potatoes
F	30	Breakfast Sandwich	Cheese or Pepperoni Pizza



OFFERED DAILY

BREAKFAST

~ Fresh/Dried/Canned Fruit and Juice ~

~ Non-Fat/1% White Milk ~

Variable breakfast entrée choices include

Cold cereals, Yogurt, Bagel, Chewy Breakfast Bar

LUNCH

~ Fresh/Dried/Canned Fruit ~

~ Fresh Vegetables ~

~ Non-Fat Chocolate/1% White Milk ~



Breakfast Prices:

Grades K-12 \$1.75

Extra Milk or Juice \$0.40

Adult \$2.25

Lunch Prices:

Grades K-5 \$2.75

Grades 6-12 \$3.00

Extra Milk \$0.40

Adult \$4.25

~Menu subject to change~

DID YOU KNOW?

All breads, buns, rolls, pasta, crackers and tortillas are whole grain.

All recipes are made from scratch using the freshest ingredients available.

We meet and/or exceed the requirements for fruits, vegetables, grains and meat/meat alternate.

All cheeses and salad dressings are low fat.

This institution is an equal opportunity provider