

# NOVEMBER 2023 HS / Breakfast/LUNCH MENU

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1% white and skim chocolate milk offered daily</b>			<b>1 cereal, string cheese, juice, milk Quesadilla., chips, fruit, veggies, dessert, milk</b>	<b>2 Muffin, yogurt, juice milk Popcorn chick or nugget., potatoes, fruit, veg. sandwich</b>	<b>3 cereal, fruit, juice, milk BBQ PORK ,WG SNACK, FRUIT, VEG.,</b>	
	<b>6cereal, fruit bar, juice, milk  Hot dog, bun , fries, veg., fruit, milk</b>	<b>7 French toast , syrup, applesauce, juice, links Sals. Steak, pot., gravy, veg., fruit, milk</b>	<b>8 omelet, fruit bar, juice, milk  Nachos, chips, veggies, fruit, milk</b>	<b>9WG donut, string cheese, fruit, milk Ham/cheese, bun, WG snack, veg., fruit, dessert, milk</b>	<b>10 granola, yogurt, juice, milk  Mozz. Sticks, marinara, sunchips, veg., fruit, milk</b>	
	<b>13 waffles, syrup, fruit, milk  Hamburger, bun, chips, beans, fruit, milk</b>	<b>14pancakes, syrup, fruit, juice milk Turkey dinner mpg/dress. roll, fruit, veggie, milk</b>	<b>15 breakfast pizza, yogurt, juice, milk uncrustable/, wg snack, veggie, fruit, milk</b>	<b>16 Muffin, eggs, juice, milk  Chicken patty / bun, potato, fruit and veggie choices, milk</b>	<b>17 French tst. Sticks, syrup, juice, milk Pizza , chips, veg., fruit, milk</b>	
	<b>20cereal, fruit, juice, milk  nuggets, potatoes, sandwich, veg.,</b>	<b>21 pancakes, syrup, apple sauce, milk Cook's choice, potato, veg., fruit, milk</b>	<b>22  NO  GREAT</b>	<b>23  SCHOOL  THANKSGIVING</b>	<b>24  HAVE A  HOLIDAY</b>	
	<b>27 cereal, fruit, juice , milk  Cheeseburger, bun, potato, veg., fruit, milk</b>	<b>28 Donut, string cheese, fruit, juice, milk Grilled cheese, soup, veg., fruit, milk</b>	<b>29 Sausage/egg cheese biscuit, fruit juice milk Corn dogs , potatoes, veg. fruit, milk</b>	<b>30 cereal, fruit, juice, milk  Mozz, sticks, marinara, sunchips, veg. fruit milk</b>		<b>This institution is an equal opportunity provider</b>