

Breakfast

NOVEMBER 2024

MON	TUE	WED	THU	FRI
				1
4 WGR Cinnamon Bar Grab & Go Milk	5 Yogurt w/ Graham Crackers Grab & Go Milk	6 Trix Cereal Grab & Go Milk	7 Bagel w/ Cream Cheese Grab & Go Milk	8 WG Blueberry Muffin Grab & Go Milk
11	12 Yogurt w/ Graham Crackers Grab & Go Milk	13 Frosted Corn Flakes Grab & Go Milk	14 Reduced Sugar Cinnamon Toast Crunch Grab & Go Milk	15 Cinnamon Crisp Bar Grab & Go Milk
18 Cocoa Bar Grab & Go Milk	19 Yogurt w/ Graham Crackers Grab & Go Milk	20 Honey Cheerios Cheerios Grab & Go Milk	21 Bagel w/ Cream Cheese Grab & Go Milk	22 WG Apple Cinnamon, Cheerios Grab & Go Milk
25 Multi-Grain Cheerios Grab & Go Milk	26 Yogurt w/ Graham Crackers Grab & Go Milk	27 Cinnamon Raisin Bagel w/ Butter Grab & Go Milk	28	29

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices

1% Milk and Skim Milk

Please Note

If you have a food allergy please speak to your school nurse

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V"



LUNCH K-8

NOVEMBER 2024

MON	TUE	WED	THU	FRI
				1 PD-Day
4 Beef Patty w/ Cheese WW Bun Roasted Potatoes Fresh Fruit Chocolate Milk	5 <i>Early Dismissal</i> Veggie Sandwich w/ White Beans Fresh Pears Chocolate Milk	6 Pancakes, Fried eggs and Turkey Sauce Roasted Sweet Potatoes Fresh Apple & Milk	7 Meatballs & Spaghetti w/Tomato Sauce & Broccoli Fresh Banana Chocolate Milk	8 Cheese Pizza Baby Carrots/ Ranch Dried Cranberries Chocolate Milk
11 No School	12 Macarroni & Cheese and Broccoli Fresh Pears Chocolate Milk	13 French Toast w/ Scrambled Eggs Roasted Sweet Potatoes Fresh Apple & Milk	14 Adobo Chicken w/ Cilantro, Brown Rice & street Corn Or Veggie Sandwich w/ Potatoes & Banana	15 French Bread Pizza Fresh Celery Sticks Applesauce Chocolate Milk
18 Stuffed Bread Sticks w/ Marinara Sauce 100% Vegetable Juice Fresh Banana Chocolate Milk	19 BBQ Chicken w/ Brown Rice & Beans Or Spanish Rice w/Cheese Fresh Pear & Milk	20 Buffalo Chicken Melt Flatbread Or Cheese Raviolis w/ Tomato sauce Fresh Celery & Apple	21 Roast Turkey Mashed Potatoes w/ Gravy, WG Corn Moffin Fresh Banana & Milk	22 <i>12 pm Dismissal for Students</i> Cheese Pizza Garden Salad/Ranch Dried Cranberries Chocolate Milk
25 Meatballs w/ BBQ Sauce & Broccoli, WC Club Roll Fresh Orange Chocolate Milk	26 Chicken Tenders & Roasted Potatoes Fresh Pears & Chocolate Milk	27 <i>Early Dismissal</i> Turkey Hot Dog Baked Beans Fresh Apple Chocolate Milk	28 No School	29 No School

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