

# HIGH SCHOOL NOVEMBER 2017 BREAKFAST / LUNCH

MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

BREAKFAST EATERS ARE BETTER LEARNERS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30 WG FRENCH TOAST, SYRUP, ASSORTED FRUITS</p> <p>LUNCH—CRISPIITOS, SALSA, OR TURKEY &amp; CHEESE WRAP, FRESH BABY CARROTS, CUCUMBER SLICES, WG CHIPS 9-12 ONLY, APPLESAUCE, MILK</p> <p>PBJ AVAILABLE DAILY ON REQUEST</p>	<p>31 WG STRAWBERRY CHEX MIX, YOGURT, BANANA</p> <p>LUNCH---PEPPERONI PIZZA OR CHEF SALAD, GARLIC BREADSTICK, MARINARA SAUCE, TOSSED SALAD W/ ROMAINE, GRAHAM CRACKERS 7-8, GRAHAM SNACKS 9-12 ONLY, PEACHES, MILK</p>	<p>1 WG BISCUIT &amp; GRAVY, ORANGE WEDGES</p> <p>LUNCH---BEEF SANCHO OR TURKEY WRAP, CHEESE, ROMAINE, TOMATO, CUCUMBER SLICES 9-12, REFRIED BEANS, WG CHIPS &amp; SALSA, PINEAPPLE, MILK</p>	<p>2 WG MINI CINNIS, ASSORTED FRUITS</p> <p>LUNCH--- HOT HAM &amp; CHEESE OR PBJ, FRESH BROCCOLI, HASH BROWN PATTY, COOKIE, TROPICAL FRUIT, MILK</p>	<p>3 WG EGG &amp; CHEESE BISCUIT, MANDARIN ORANGES</p> <p>LUNCH---BREADED CHICKEN PATTY OR HAM &amp; CHEESE WRAP, MASHED POTATOES, GRAVY, SEASONED GREEN BEANS, WW ROLL / JELLY, APPLE HALF, MILK</p>
<p>6 OATMEAL ROUND, YOGURT, STRAWBERRIES</p> <p>LUNCH---CHILI, WG CRACKERS OR (HAM &amp; CHEESE, TOMATO WEDGES, PORK &amp; BEANS), CUCUMBER SLICES, CELERY STICKS, WG CINNAMON PUFF, TROPICAL FRUIT, MILK</p>	<p>7 WG PANCAKES, SYRUP, ORANGE WEDGES</p> <p>LUNCH---HAMBURGER / WG BUN OR CHEF SALAD, ROMAINE, TOMATO, SWEET POTATO FRIES, CHOCOLATE CHIP COOKIE, BANANA, MILK</p>	<p>8 WG BISCUIT, SAUSAGE LINKS, APPLESAUCE</p> <p>LUNCH--- CHICKEN NUGGETS OR TURKEY &amp; CHEESE WRAP, MASHED POTATOES, GRAVY, FRESH BROCCOLI, WW ROLL / JELLY, APPLE HALF, MILK</p>	<p>9 WG BREAKFAST PIZZA, ASSORTED FRUITS</p> <p>LUNCH----CORNDOG OR GRILLED CHICKEN / WG BUN, HASH BROWN PATTY, SEASONED GREEN BEANS, FRESH BABY CARROTS, WG CHIPS 9-12, PINEAPPLE, MILK</p>	<p>10</p> <p>NO SCHOOL</p>
<p>13 WG APPLE FRUDEL, ASSORTED FRUITS</p> <p>LUNCH---CHICKEN &amp; NOODLES OR TURKEY &amp; CHEESE ON A WG BUN, MASHED POTATOES, SEASONED GREEN BEANS, CELERY STICKS 9 ONLY, WW ROLL / JELLY, FRUIT COCKTAIL, MILK</p>	<p>14 WG SAUSAGE PANCAKE, SF SYRUP, BANANA</p> <p>LUNCH—GRILLED CHICKEN ON A BUN OR BBQ RIB ON A BUN, ROMAINE, TOMATO SLICES, SAVORY RICE, SEASONED CARROTS, STRING CHEESE, PEACHES, MILK</p>	<p>15 WG BLUEBERRY WAFFLES, SYRUP, ASSORTED FRUITS</p> <p>LUNCH---PIG IN A BLANKET OR CHEF SALAD, HASH BROWN PATTY, BROCCOLI W/ CHEESE, PUDDING, ORANGE WEDGES, MILK</p>	<p>16 WG BISCUIT &amp; GRAVY, APPLE HALF</p> <p>LUNCH--- TACO SALAD OR HAM WRAP, ROMAINE, TOMATO, CHEESE, REFRIED BEANS, WG CHIPS &amp; SALSA, WG CINNAMON STICK, PEARS, MILK</p>	<p>17 BREAKFAST CHICKEN BISCUIT, ASSORTED FRUITS</p> <p>LUNCH---CHEESE BURGER ON A BUN OR TURKEY &amp; CHEESE WRAP, ROMAINE, TOMATO SLICES, SWEET POTATO FRIES, (WG CHIPS &amp; PEAS 9-12 ONLY), APPLESAUCE, MILK</p>
<p>20 WG PANCAKES, SYRUP, ASSORTED FRUITS</p> <p>LUNCH---TURKEY PATTY, MASHED POTATOES, GRAVY, STUFFING, SEASONED GREEN BEANS, WW ROLL, HONEY, PEACHES, MINI PUMPKIN PIE, MILK</p> <p>NO CHOICE ENTRÉE THIS DAY</p>	<p>21 WG CHERRY FRUDEL, PEARS</p> <p>LUNCH—CHEESE BREAD STICKS, MARINARA SAUCE OR PBJ SANDWICH, CELERY STICKS, SEASONED CARROTS, FRESH GARDEN SALAD, STRING CHEESE 9-12, APPLESAUCE, MILK</p>	<p>22</p> <p>NO SCHOOL</p>	<p>23</p> <p>NO SCHOOL</p>	<p>24</p> <p>NO SCHOOL</p>
<p>27 OATMEAL ROUND, YOGURT, PEACHES</p> <p>LUNCH---BEEF &amp; BEAN BURRITO OR HAM &amp; CHEESE WRAP, CHEESE SAUCE, ROMAINE, TOMATO, SEASONED CORN, GREEN PEPPER STRIPS 9-12, WG CHIPS &amp; SALSA 9-12, TROPICAL FRUIT, MILK</p>	<p>28 WG MINI CINNIS, ASSORTED FRUITS</p> <p>LUNCH---TURKEY &amp; CHEESE ON A WG BUN OR BBQ RIB ON A WG BUN, ROMAINE, TOMATO SLICES. OVEN FRIES, GRAHAM CRACKERS 7-8, GRAHAM SNACKS 9-12, BANANA, MILK</p>	<p>29 WG PANCAKES, SYRUP, APPLE HALF</p> <p>LUNCH---BBQ BEEF ON A WG BUN OR TURKEY &amp; CHEESE WRAP, FRESH BABY CARROTS, BAKED BEANS, WG CHIPS, OATMEAL COOKIE, PEARS, MILK</p>	<p>30 WG CHERRY FRUDEL, ASSORTED FRUITS</p> <p>LUNCH---PEPPERONI PIZZA OR CHEF SALAD, FRESH CELERY STICKS, SEASONED CARROTS, FRESH GARDEN SALAD, STRING CHEESE 9-12, APPLESAUCE, MILK</p>	<p>1 WG EGG &amp; CHEESE BISCUIT, MANDARIN ORANGES</p> <p>LUNCH—WG BREADED BEEF PATTY OR GRILLED CHICKEN ON A WG BUN, MASHED POTATOES, GRAVY, SEASONED GREEN BEANS, WW ROLL/JELLY, APPLE HALF, MILK</p>

CEREAL, JUICE, MILK CHOICE DAILY AT BREAKFAST & CHOICE FRUIT DAILY (9-12) AT LUNCH