

High & Middle School Menu

Nov 14 - 18

Daily Breakfast Entrées Include:
Fruit Parfaits, WG Cereal, WG Donuts, or Daily Pastry.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Waffles Sausage Patty Apple Slices Pineapple	French Toast W/ Fruit Topping Cheese Stick Applesauce Fruit Juice	Chicken Biscuit Apple Tree Tops Raisins	Cinnamon Knots Cheese Stick Applesauce Craisins Fruit Juice	Breakfast Sandwiches Fruit Cups Applesauce

How to Build a Breakfast Meal
 1 - Entrée Choice
 2 - Fruit (1 can be Fruit Juice)
 1 - 8oz Low-Fat or Fat Free Milk



How to Build a Lunch Meal
 1 - Entrée (bread & protein)
 1 to 2 Fruit Choice
 1 to 2 Vegetable Choice
 1 - 8oz Low-Fat or Fat Free Milk

Line 1

Line 2

Grab 'n Go

Monday	Pancakes w/ Eggs Hash Browns, Cherry Tomatoes, Baked Apples & Mandarin Oranges Bosco Sticks
Tuesday	Roasted Turkey w/Roll Mashed Potatoes, Green Beans Baked Blueberry & Cherry Crisp
Wednesday	Chicken Leg w/ Corn Muffin Romaine Salad, Corn, Raisins & Pineapple Chicken Sandwiches, Salads
Thursday	Country Fried Steak w/ Roll Mashed Potatoes, Broccoli, Peaches & Pears Nachos w/Cheese
Friday	Pizza 🍷 Vegetarian Pizza Options Fresh Veggies and Romaine Salad Mixed Fruit <i>All meal include milk</i>

Pancakes w/Eggs Hash Browns, Cherry Tomatoes, Baked Apples & Mandarin Oranges
Roasted Turkey w/Roll Mashed Potatoes, Green Beans Baked Blueberry & Cheery Crisp
Chicken Leg w/ Corn Muffin Romaine Salad, Corn, Raisins & Pineapple
Country Fried Steak w/ Roll Mashed Potatoes, Broccoli, Peaches & Pears
Pizza 🍷 Vegetarian Pizza Options Fresh Veggies and Romaine Salad Mixed Fruit <i>All meal include milk</i>

Bosco Sticks w/ Marinara 🍷 Salads
Roasted Turkey w/Roll 🍷 Salads
Chicken Sandwiches 🍷 Salads
🍷 Nachos w/Cheese 🍷 Salads
Pizza 🍷 Salads <i>All meal include milk</i>

Weekly Expo Items **Feature Station - High School Only**

All meal include milk

Bosco Sticks
Chicken Sandwiches
Nachos

Thanksgiving Break
November 23-25

**Menu Subject to Change. Also look for our 🍷 Vegetarian Options*

This institution is an equal opportunity provider