

High & Middle School Menu

Nov 21 - 22

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>
Pancakes w/ Fruit Topping Sausage Patty Applesauce Fruit Juice	French Toast Bake Cheese Stick Applesauce Fruit Juice	No School	No School	No School

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

	Line 1	Line 2	Grab 'n Go
Monday	Chicken Sandwiches w/ Bun Steamed Broccoli, Carrots, Applesauce & Mandarin Oranges Bosco Sticks, Salads	Chicken Sandwiches w/ Bun Steamed Broccoli, Carrots, Applesauce & Mandarin Oranges	Bosco Sticks w/ Marinara ♥ Salads
Tuesday	Pizza Vegetarian Pizza Options Fresh Veggies and Salad Mixed Fruit	Pizza Vegetarian Pizza Options Fresh Veggies and Salad Mixed Fruit	♥ Pizza Salads
Wednesday	No School	<i>No School</i>	No School
Thursday	Thanksgiving Day	<i>Thanksgiving Day</i>	<i>Thanksgiving Day</i>
Friday	No School	No School	No School
	<i>All meal include milk</i>	<i>All meal include milk</i>	<i>All meal include milk</i>

Weekly Expo Items

All meal include milk
Chicken Sandwiches
Bosco Sticks

All meal include milk
Happy Thanksgiving

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

This institution is an equal opportunity provider