



November 2021 Menu

Menu subject to change

*Snack indicated is served after 3:30pm for students in After School. All students also have fresh fruit and vegetables offered throughout the day.

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Week 1- Nov.1-5 Fresh fruit served with each meal daily.</p> <p>Low-fat and Fat-free milk offered daily</p>	<p>Breakfast: Grab and Go</p> <p>Lunch:Pasta Fagioli honey lemon carrots 2oz roll</p> <p>*Snack:W.G pretzels fruit</p>	<p>Breakfast:Breakfast Pizza WG cereal</p> <p>Lunch: Lemon herb Chicken potato wedges Corn with red peppers</p> <p>*Snack:W.G.cracker,fruit</p>	<p>Breakfast: W.G.Waffles Syrup,turkey bacon WG cereal</p> <p>Lunch:W.W.Spaghetti and Meatballs, green peas Garlic bread</p> <p>*Snack:Granola bar,fruit</p>	<p>Breakfast:Eggs,hash Brown WG toast WG cereal</p> <p>Lunch: Roast turkey,yellow rice ,pinto beans,plantains</p> <p>*Snack:WGgoldfish,fruit</p>	<p>Breakfast:Breakfast sandwich on WGbun WG cereal</p> <p>Lunch: W.W,pizza Roast cauliflower, 3bean salad</p> <p>*Snack:WG cookie,fruit</p>
<p>Week 2- Nov.8-12 Fresh fruit served with each meal daily.</p> <p>Low-fat and Fat-free milk offered daily</p>	<p>Breakfast: Grab and go</p> <p>Lunch: Vegetable baked penne,w.w.garlic bread</p> <p>*Snack:WG cookie,fruit</p>	<p>Breakfast:WG french toast turkey sausage WG cereal</p> <p>Lunch: General Tso's Chicken,jasmine rice green beans</p> <p>*Snack:Cheese stick fruit</p>	<p>Breakfast:WGWaffles 1oz syrup,turkey bacon WG cereal</p> <p>Lunch: Chili lime beef Mashed potatoes,mixed veggies</p> <p>*Snack:granola bar,fruit</p>	<p>Breakfast:</p> <p>Lunch: No school</p> <p>*Snack:smart pop,fruit</p>	<p>Breakfast:Breakfast pizza WG cereal</p> <p>Lunch:Meatball hero W.w.club roll Tater tots</p> <p>*Snack:yogurt,fruit</p>
<p>Week 3- Nov.15-19 Fresh fruit served with each meal daily.</p> <p>Low-fat and Fat-free milk offered daily</p>	<p>Breakfast: Grab and go</p> <p>Lunch:Stuffed baked potato,butternut squash Corn bread</p> <p>Snack:WG chips,fruit</p>	<p>Breakfast:Egg,sausage Cheese on WG muffin WG cereal</p> <p>Lunch:Huli Huli Chicken Sweet potatoes,basmati Rice,pineapple slaw</p> <p>Snack:WG pretzels,fruit</p>	<p>Breakfast: WG Waffles 1oz syrup,turkey bacon WG cereal</p> <p>Lunch: Beef burrito bowl Brown rice,salsa,cheddar w.w.tortilla</p> <p>Snack:WG cracker,fruit</p>	<p>Breakfast:Eggs,WG toast,home fries WG cereal</p> <p>Lunch:Curry turkey stew With chickpeas W.W.naan</p> <p>Snack:WGgoldfish,fruit</p>	<p>Breakfast:WG pancakes 1oz syrup,turkey sausage WG cereal</p> <p>Lunch:Beef or turkey burger,tomato and pickles, fries</p> <p>Snack:Smart pop,fruit</p>
<p>Week 4- Nov-22-26 Fresh fruit served with each meal daily.</p> <p>Low-fat and Fat-free milk offered daily</p>	<p>Breakfast:Grab and Go</p> <p>Lunch:Veggie fried rice Sesame green beans</p> <p>*Snack:Veggie straws fruit</p>	<p>Breakfast:Omelet Turkey sausage,toast</p> <p>Lunch:Thanksgiving lunch</p> <p>*Snack: WGPretzels,Fruit</p>	<p>Breakfast:</p> <p>Lunch: closed</p> <p>*Snack:WG bar,fruit</p>	<p>Breakfast:</p> <p>Lunch: closed</p> <p>*Snack:WG cracker, fruit</p>	<p>Breakfast:</p> <p>Lunch: closed</p> <p>Snack:smart pop,fruit</p>