

# MIDDLE/HIGH SCHOOL BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1-Nov</b> WG Reduced Sugar Trix Cereal Choice of Yogurt 100% Juice Choice of Fruit Cup Milk	<b>2-Nov</b> WG Mini Maple Cooked Waffles 100% Juice Choice of Fruit Cup Milk Maple Flavored Syrup	<b>3-Nov</b> WG Reese's PB Cereal Choice of Yogurt 100% Juice Choice of Fruit Cup Milk	<b>4-Nov</b> Egg Cheese Omelet WWWG Toast 100% Juice Diced Fruit Cup Milk Valentina Hot Sauce
<b>7-Nov</b> WG Buttermilk Biscuit Turkey Sausage Patty Sliced Cheese 100% Juice Choice of Fruit Cup Milk	<b>8-Nov</b> WG Reduced Sugar Cocoa Puffs Choice of Yogurt 100% Juice Choice of Fruit Cup Milk	<b>9-Nov</b> WG Cinnamon Cooked French Toast 100% Juice Choice of Fruit Cup Milk Maple Flavored Syrup	<b>10-Nov</b> WG Golden Grahams Cereal Choice of Yogurt 100% Juice Choice of Fruit Cup Milk	<b>11-Nov</b> WG Flour Tortilla Chorizo & Egg 100% Juice Choice of Fruit Cup Milk Valentina Hot Sauce
<b>14-Nov</b> WW English Muffin Sliced Canadian Sliced Bacon RF/RS Sliced Cheese 100% Juice Choice of Fruit Cup Milk	<b>15-Nov</b> WG Cinnamon Toast Cereal Choice of Yogurt 100% Juice Choice of Fruit Cup Milk	<b>16-Nov</b> WG Sausage Pancake 100% Juice Choice of Fruit Cup Milk Maple Flavored Syrup	<b>17-Nov</b> Apple Jacks Cereal Choice of Yogurt 100% Juice Choice of Fruit Cup Milk	<b>18-Nov</b> WW Bagel Egg Patty 100% Juice Choice of Fruit Cup Milk Jelly pc
<b>21-Nov</b> WG Breakfast Pizza 100% Juice Choice of Fruit Cup Milk Valentina Hot Sauce	<b>22-Nov</b> Frosted Mini-Wheats Cereal Choice of Yogurt 100% Juice Choice of Fruit Cup Milk	<b>23-Nov</b>    <b>NO SCHOOL</b>	<b>24-Nov</b>    <b>NO SCHOOL</b>	<b>25-Nov</b>    <b>NO SCHOOL</b>
<b>28-Nov</b> WG Breakfast Burrito 100% Juice Choice of Fruit Cup Milk Valentina Hot Sauce	<b>29-Nov</b> WG Reduced Sugar Trix Cereal Choice of Yogurt 100% Juice Choice of Fruit Cup Milk	<b>30-Nov</b> WG Mini Maple Cooked Waffles 100% Juice Choice of Fruit Cup Milk Maple Flavored Syrup		

This institution is an equal opportunity provider.

# HIGH SCHOOL LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1-Nov</b>	<b>2-Nov</b>	<b>3-Nov</b>	<b>4-Nov</b>
	Chicken Fajitas WG Flour Tortilla Mexican Rice Orange Fruit Mix Beans Salsa Shredded Lettuce Choice of Milk	BBQ Pulled Pork Sandwich WG Hamburger Bun Grapes Strawberries Broccoli Baked Beans Potato Tritater Choice of Milk Ketchup	Baked Chicken WG Dinner Roll Banana Fruit Salad Mashed Potatoes Sliced Carrots Choice of Milk LS Chicken Gravy	Cheese Enchilada Casserole Mexican Rice Pear Mango Diced Tomato Shredded Lettuce Choice of Milk
<b>7-Nov</b>	<b>8-Nov</b>	<b>9-Nov</b>	<b>10-Nov</b>	<b>11-Nov</b>
WG Chicken Strips WWW Bread Apple Citrus Mix Mashed Potatoes Sliced Carrots Choice of Milk LS Chicken Gravy	Cheese & Meatsauce Nachos Tortilla Chips Orange Fruit Mix Broccoli Avocado/Diced Tomato Salsa Choice of Milk	Chili Hot Dog WG Hot Dog Bun Grapes Strawberries Corn Iceberg Salad Mix Choice of Milk FF Ranch/Italian Dressing	Carnitas (Baked Shredded Pork) WG Flour Tortilla Mexican Rice Banana Fruit Salad Beans Avocado/Diced Tomato Salsa Choice of Milk	WG Bean & Cheese Burrito Mexican Rice Pear Mango Salsa Diced Tomato Avocado Shredded Lettuce Choice of Milk
<b>14-Nov</b>	<b>15-Nov</b>	<b>16-Nov</b>	<b>17-Nov</b>	<b>18-Nov</b>
Chicken Patty WG Hamburger Bun Apple Citrus Mix Corn Green Beans Choice of Milk Mustard/Lite Mayo	Taco Salad w/Tortilla Chips Mexican Rice Orange Fruit Mix Beans Salsa Diced Tomato Shredded Lettuce Choice of Milk	Italian Sausage WG Hot Dog Bun Grapes Strawberries Sliced Carrots Roasted Potatoes Choice of Milk Mustard/Ketchup	Chicken Taquito Meat in Salsa WG Flour Tortilla Mexican Rice Banana Fruit Salad Beans Avocado Choice of Milk	Filet-O-Fish RF/RS Sliced American Cheese WG Hamburger Bun Pear Mango Broccoli French Fries Choice of Milk Ketchup
<b>21-Nov</b>	<b>22-Nov</b>	<b>23-Nov</b>	<b>24-Nov</b>	<b>25-Nov</b>
LS Hamburger Patty WG Hamburger Bun Apple Citrus Mix Broccoli Sweet Potato Fries Choice of Milk RF/RS Sliced American Cheese Ketchup / Mustard / Lite Mayo	Turkey Roast Mashed Potatoes Turkey Gravy Green Beans Corn WG Dinner Roll Choice of Fruit	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
<b>28-Nov</b>	<b>29-Nov</b>	<b>30-Nov</b>		
Beef Fried Steak WG Dinner Roll Apple Citrus Mix Mashed Potatoes Green Beans Choice of Milk LS Brown Gravy	Chicken Fajitas WG Flour Tortilla Mexican Rice Orange Fruit Mix Beans Salsa Shredded Lettuce Choice of Milk	BBQ Pulled Pork Sandwich WG Hamburger Bun Grapes Strawberries Broccoli Baked Beans Potato Tritater Choice of Milk Ketchup		Choice of Milk 1% White Milk or Skim Chocolate Milk  <u>Abbreviations</u> WG = Whole Grain WWW = White Whole Wheat WW = Whole Wheat RF= Reduced Fat RS = Reduced Sodium LS - Low Sodium