MIDDLE/HIGH SCHOOL BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1-Nov	2-Nov	3-Nov	4-Nov
	WG Reduced Sugar Trix Cereal	WG Mini Maple Cooked Waffles	WG Reese's PB Cereal	Egg Cheese Omelet
	Choice of Yogurt	100% Juice	Choice of Yogurt	WWWG Toast
	100% Juice	Choice of Fruit Cup	100% Juice	100% Juice
	Choice of Fruit Cup	Milk	Choice of Fruit Cup	Diced Fruit Cup
	Milk	Maple Flavored Syrup	Milk	Milk
				Valentina Hot Sauce
7-Nov	8-Nov	9-Nov	10-Nov	11-Nov
WG Buttermilk Biscuit	WG Reduced Sugar Cocoa Puffs	WG Cinnamon Cooked French Toast		WG Flour Tortilla
Turkey Sausage Patty	Choice of Yogurt	100% Juice	Choice of Yogurt	Chorizo & Egg
Sliced Cheese	100% Juice			
		Choice of Fruit Cup	100% Juice	100% Juice
100% Juice	Choice of Fruit Cup	Milk	Choice of Fruit Cup	Choice of Fruit Cup
Choice of Fruit Cup	Milk	Maple Flavored Syrup	Milk	Milk
Milk				Valentina Hot Sauce
14-Nov	15-Nov	16-Nov	17-Nov	18-Nov
WW English Muffin	WG Cinnamon Toast Cereal	WG Sausage Pancake	Apple Jacks Cereal	WW Bagel
Sliced Canadian Sliced Bacon	Choice of Yogurt	100% Juice	Choice of Yogurt	Egg Patty
RF/RS Sliced Cheese	100% Juice	Choice of Fruit Cup	100% Juice	100% Juice
100% Juice	Choice of Fruit Cup	Milk	Choice of Fruit Cup	Choice of Fruit Cup
Choice of Fruit Cup	Milk	Maple Flavored Syrup	Milk	Milk
Milk	IVIIK	Iviapie Flavoreu Syrup	IVIIK	1.000
IVIIK				Jelly pc
21-Nov	22-Nov	23-Nov	24-Nov	25-Nov
WG Breakfast Pizza	Frosted Mini-Wheats Cereal			
100% Juice	Choice of Yogurt			III.
Choice of Fruit Cup	100% Juice	III I		I I
Milk	Choice of Fruit Cup	NO I	NO	NO NO
Valentina Hot Sauce	Milk	SCHOOL	SCHOOL	SCHOOL
1.4.5			3311352	SSINGOL
28-Nov	29-Nov	30-Nov		
WG Breakfast Burrito	WG Reduced Sugar Trix Cereal	WG Mini Maple Cooked Waffles		
100% Juice	Choice of Yogurt	100% Juice		
Choice of Fruit Cup	100% Juice	Choice of Fruit Cup		
Milk	Choice of Fruit Cup	Milk		
Valentina Hot Sauce				
VAICHUIA HOL SAUCE	Milk	Maple Flavored Syrup		

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HIGH SCHOOL LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1-Nov	2-Nov	3-Nov	4-Nov
	Chicken Fajitas	BBQ Pulled Pork Sandwich	Baked Chicken	Cheese Enchilada Casserole
	WG Flour Tortilla	WG Hamburger Bun	WG Dinner Roll	Mexican Rice
		Grapes	Banana	Pear
	Mexican Rice			Mango
	Orange	Strawberries	Fruit Salad	
	Fruit Mix	Broccoli	Mashed Potatoes	Diced Tomato
1	Beans	Baked Beans	Sliced Carrots	Shredded Lettuce
	Salsa	Potato Tritater	Choice of Milk	Choice of Milk
	Shredded Lettuce	Choice of Milk	LS Chicken Gravy	
	Choice of Milk	Ketchup		
	CHOICE OF WITH	Indianap		
			IP-	
7-Nov	8-Nov	9-Nov	10-Nov	11-Nov
WG Chicken Strips	Cheese & Meatsauce Nachos	Chili Hot Dog	Carnitas (Baked Shredded Pork)	WG Bean & Cheese Burrito
WWW Bread	Tortilla Chips	WG Hot Dog Bun	WG Flour Tortilla	Mexican Rice
		Grapes	Mexican Rice	Pear
Apple	Orange		1.	Mango
Citrus Mix	Fruit Mix	Strawberries	Banana	
Mashed Potatoes	Broccoli	Corn	Fruit Salad	Sallsa
Sliced Carrots	Avocado/Diced Tomato	Iceberg Salad Mix	Beans	Diced Tomato
Choice of Milk	Salsa	Choice of Milk	Avocado/Diced Tomato	Avocado
LS Chicken Gravy	Choice of Milk	FF Ranch/Italian Dressing	Salsa	Shredded Lettuce
EG Gillolloll Gravy	I I I I I I I I I I I I I I I I I I I		Choice of Milk	Choice of Milk
			Cheres of Minic	The state of the s
			III	
14-Nov	15-Nov	16-Nov	17-Nov	18-Nov
Chicken Patty	Taco Salad w/Tortilla Chips	Italian Sausage	Chicken Taquito Meat in Salsa	Filet-O-Fish
WG Hamburger Bun	Mexican Rice	WG Hot Dog Bun	WG Flour Tortilla	RF/RS Sliced American Cheese
Apple	Orange	Grapes	Mexican Rice	WG Hamburger Bun
Citrus Mix	Fruit Mix	Strawberries	Banana	Pear
	Beans	Sliced Carrots	Fruit Salad	Mango
Corn	0 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	Roasted Potatoes	Beans	Broccoli
Green Beans	Salsa			French Fries
Choice of Milk	Diced Tomato	Choice of Milk	Avocado	
Mustard/Lite Mayo	Shredded Lettuce	Mustard/Ketchup	Choice of Milk	Choice of Milk
	Choice of Milk			Ketchup
				I I I I I I I I I I I I I I I I I I I
				0.1
21-Nov	22-Nov	23-Nov	24-Nov	25-Nov
		23-Nov	24-Nov	25-Nov
LS Hamburger Patty	Turkey Roast	23-Nov	24-Nov	25-Nov
LS Hamburger Patty WG Hamburger Bun	Turkey Roast Mashed Potatoes	23-Nov	24-Nov	25-Nov
LS Hamburger Patty WG Hamburger Bun Apple	Turkey Roast Mashed Potatoes Turkey Gravy	23-Nov	24-Nov	25-Nov
LS Hamburger Patty WG Hamburger Bun Apple Citrus Mix	Turkey Roast Mashed Potatoes Turkey Gravy Green Beans			
LS Hamburger Patty WG Hamburger Bun Apple Citrus Mix Broccoli	Turkey Roast Mashed Potatoes Turkey Gravy Green Beans Corn	NO	NO	NO
LS Hamburger Patty WG Hamburger Bun Apple Citrus Mix Broccoli Sweet Potato Fries	Turkey Roast Mashed Potatoes Turkey Gravy Green Beans Corn WG Dinner Roll			
LS Hamburger Patty WG Hamburger Bun Apple Citrus Mix Broccoli Sweet Potato Fries Choice of Milk	Turkey Roast Mashed Potatoes Turkey Gravy Green Beans Corn	NO	NO	NO
LS Hamburger Patty WG Hamburger Bun Apple Citrus Mix Broccoli Sweet Potato Fries	Turkey Roast Mashed Potatoes Turkey Gravy Green Beans Corn WG Dinner Roll	NO	NO	NO
LS Hamburger Patty WG Hamburger Bun Apple Citrus Mix Broccoli Sweet Potato Fries Choice of Milk	Turkey Roast Mashed Potatoes Turkey Gravy Green Beans Corn WG Dinner Roll	NO	NO	NO
LS Hamburger Patty WG Hamburger Bun Apple Citrus Mix Broccoli Sweet Potato Fries Choice of Milk RF/RS Sliced American Cheese	Turkey Roast Mashed Potatoes Turkey Gravy Green Beans Corn WG Dinner Roll	NO	NO	NO
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	NO SCHOOL	NO	NO
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 Corm WG Dinner Roll Choice of Fruit	NO SCHOOL	NO	NO SCHOOL
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	NO SCHOOL 30-Nov BBQ Pulled Pork Sandwich	NO	NO SCHOOL
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 28-Nov Beef Fried Steak WG Dinner Roll	Turkey Roast Mashed Potatoes Turkey Gravy Green Beans Corn WG Dinner Roll Choice of Fruit 29-Nov Chicken Fajitas WG Flour Tortilla	NO SCHOOL 30-Nov BBQ Pulled Pork Sandwich WG Hamburger Bun	NO	NO SCHOOL Choice of Milk 1% White Milk or
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 28-Nov Beef Fried Steak WG Dinner Roll Apple	Turkey Roast Mashed Potatoes Turkey Gravy Green Beans Corn WG Dinner Roll Choice of Fruit 29-Nov Chicken Fajitas WG Flour Tortilla Mexican Rice	NO SCHOOL 30-Nov BBQ Pulled Pork Sandwich WG Hamburger Bun Grapes	NO	NO SCHOOL
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 28-Nov Beef Fried Steak WG Dinner Roll Apple Citrus Mix	Turkey Roast Mashed Potatoes Turkey Gravy Green Beans Corn WG Dinner Roll Choice of Fruit 29-Nov Chicken Fajitas WG Flour Tortilla Mexican Rice Orange	NO SCHOOL 30-Nov BBQ Pulled Pork Sandwich WG Hamburger Bun Grapes Strawberries	NO	NO SCHOOL Choice of Milk 1% White Milk or Skim Chocolate Milk
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 28-Nov Beef Fried Steak WG Dinner Roll Apple	Turkey Roast Mashed Potatoes Turkey Gravy Green Beans Corn WG Dinner Roll Choice of Fruit 29-Nov Chicken Fajitas WG Flour Tortilla Mexican Rice	NO SCHOOL 30-Nov BBQ Pulled Pork Sandwich WG Hamburger Bun Grapes	NO	NO SCHOOL Choice of Milk 1% White Milk or Skim Chocolate Milk Abbreviations
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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 28-Nov Beef Fried Steak WG Dinner Roll Apple Citrus Mix Mashed Potatoes Green Beans	Turkey Roast Mashed Potatoes Turkey Gravy Green Beans Corn WG Dinner Roll Choice of Fruit 29-Nov Chicken Fajitas WG Flour Tortilla Mexican Rice Orange Fruit Mix Beans Salsa Shredded Lettuce	NO SCHOOL 30-Nov BBQ Pulled Pork Sandwich WG Hamburger Bun Grapes Strawberries Broccoli Baked Beans Potato Tritater Choice of Milk	NO	NO SCHOOL Choice of Milk 1% White Milk or Skim Chocolate Milk Abbreviations WG = Whole Grain WWW = White Whole Wheat WW = Whole Wheat
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 28-Nov Beef Fried Steak WG Dinner Roll Apple Citrus Mix Mashed Potatoes Green Beans Choice of Milk	Turkey Roast Mashed Potatoes Turkey Gravy Green Beans Corn WG Dinner Roll Choice of Fruit 29-Nov Chicken Fajitas WG Flour Tortilla Mexican Rice Orange Fruit Mix Beans Salsa	NO SCHOOL 30-Nov BBQ Pulled Pork Sandwich WG Hamburger Bun Grapes Strawberries Broccoli Baked Beans Potato Tritater	NO	NO SCHOOL Choice of Milk 1% White Milk or Skim Chocolate Milk Abbreviations WG = Whole Grain WWW = White Whole Wheat WW = Whole Wheat RF= Reduced Fat
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 28-Nov Beef Fried Steak WG Dinner Roll Apple Citrus Mix Mashed Potatoes Green Beans Choice of Milk	Turkey Roast Mashed Potatoes Turkey Gravy Green Beans Corn WG Dinner Roll Choice of Fruit 29-Nov Chicken Fajitas WG Flour Tortilla Mexican Rice Orange Fruit Mix Beans Salsa Shredded Lettuce	NO SCHOOL 30-Nov BBQ Pulled Pork Sandwich WG Hamburger Bun Grapes Strawberries Broccoli Baked Beans Potato Tritater Choice of Milk	NO	NO SCHOOL Choice of Milk 1% White Milk or Skim Chocolate Milk Abbreviations WG = Whole Grain WWW = White Whole Wheat WW = Whole Wheat

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