

November

Menu 2017

		1 Beef & Gravy Mashed Potato Homemade WW Roll California Mixed Veggies Fresh or Chilled Fruit	2 Turkey & Cheese on a WG Flat Bread Baked French Fries Lettuce Tomato Cucumber Slices Fresh or Chilled Fruit	3 Pizza Freshly Made Caesar Salad Carrot Sticks Fresh or Chilled Fruit
6	7	8	9	10
Spaghetti w/ Meat Sauce Homemade WW Garlic Bread Steamed Broccoli Fresh or Chilled Fruit	Seasoned Chicken Mashed Potato Homemade WW Roll Steamed Carrots Fresh or Chilled Fruit	BBQ Pulled Pork On a WG Roll Goldfish Crackers Baked Beans Coleslaw Fresh or Chilled Fruit	Teriyaki Chicken Dippers Baked French Fries Homemade WG Roll Sautéed Zucchini & Tomato Fresh or Chilled Fruit	Veteran's Day
13	14	15	16	17
Chicken Fajita in a WW Tortilla Season Rice Butternut Squash Beets Fresh or Chilled Fruit	Cheeseburger on a WG Bun Goldfish Crackers Baked Beans Steamed Carrots Fresh or Chilled Fruit	Taco Salad Seasoned Brown Rice Whole Kernel Corn Cucumber Slices Fresh or Chilled Fruit	Chicken Caesar Salad Baked Potato Sour Cream Homemade WW Roll Steamed Green Beans Fresh or Chilled Fruit	Pizza Broccoli Florets Celery Sticks Fresh or Chilled Fruit
20	21	22	23	24
Shepherd's Pie Homemade WW Roll Steamed Mixed Veggies Fresh or Chilled Fruit	BBQ Ribs on a WG Roll Goldfish Crackers Baked Beans Baby Carrots Fresh or Chilled Fruit	Thanksgiving Break	 Happy Thanksgiving	WMRHS Menu
27	28	29	30	Dec 1
Chicken Nuggets Mashed Potato Homemade WW Roll Steamed Peas Fresh or Chilled Fruit	Cheeseburger on a WG Bun Goldfish Crackers Baked Beans Tomato Slices Whole Kernel Corn Fresh or Chilled Fruit	American Chop Suey Homemade WW Roll Steamed Green Beans Fresh or Chilled Fruit	Chicken Patty on a WG Bun Goldfish Crackers Leaf Lettuce & Tomato Baby Carrots Pickled Beets Fresh or Chilled Fruit	Pizza Steamed Broccoli Celery Sticks Fresh or Chilled Fruit

All meals are subject to change without notice.

Go to ezschoolpay.com to pay online for student meals!



Assorted WG Bagels,
Hot Breakfast Items Or
Cereal & Muffin
Served with:
Fresh and/or Chilled Fruit,
Or Juice
Milk

Salad Meal and Assorted Sandwich Meals are served with two vegetables , two fruits, and milk

A Choice of skim, low fat, nonfat chocolate milk is offered with all meals.

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