

NOVEMBER | 2021



WC JR/SR HIGH Breakfast and Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 BREAKFAST: Cinnamon Roll LUNCH: Chicken Tenders - Roll - Mashed Potatoes - English Peas - Fruit SNACK: Educational Cookies</p>	<p>2 BREAKFAST: Mini Pups w/Syrup LUNCH: Chicken Fajita Nachos - Tortilla Chips - Pinto Beans - Salsa - Banana Peppers - Queso Dip - Fruit SNACK: Goldfish</p>	<p>3 BREAKFAST: Pizza Bagel LUNCH: Pizza Crunchers - Corn - Broccoli w/Cheese - Marinara Sauce - Fruit SNACK: Munchies</p>	<p>4 BREAKFAST: Egg & Cheese Omelet LUNCH: Spaghetti w/Meat Sauce - Breadstick w/Cheese - Green Beans - Salad - Tomatoes - Parm. Cheese - Fresh Fruit SNACK: Gripz</p>	<p>5 BREAKFAST: Biscuit & Gravy w/Jelly LUNCH: Hot Dog w/Bun - Kraut - Cruly Fries - Slaw - Relish - Fruit SNACK: Goldfish Cookies</p>
<p>8 BREAKFAST: Mini Pancakes w/Syrup LUNCH: Salisbury Steak w/Gravy - Roll - Mashed Potatoes - English Peas - Fruit SNACK: Chips</p>	<p>9 BREAKFAST: Combo Bar LUNCH: Calzone - Broccoli w/Cheese - Cream Corn - Marinara Sauce - Fruit SNACK: Mini Chocolate Chip Cookies</p>	<p>10 BREAKFAST: Breakfast Pizza LUNCH: Quesadilla - Pinto Beans - Corn - Salsa - Fruit SNACK: Rice Krispies (Plain or Chocolate Chip)</p>	<p>11 BREAKFAST: Tornado LUNCH: Chicken Alfredo - Garlic Knot - Green Beans - Steamed Carrots - Salad - Tomatoes - Parm. Cheese - Fresh Fruit SNACK: Scooby Snack</p>	<p>12 BREAKFAST: Sausage & Biscuit w/Jelly LUNCH: Chicken Finger Bacon Cheese Wrap - Tortilla - Baked Beans - Waffle Fries - Fruit SNACK: Chex Mix (Chocolate or Strawberry)</p>
<p>15 BREAKFAST: Egg & Cheese Taco LUNCH: Taco Bites - Pinto Beans - Corn - Salsa - Fruit SNACK: Educational Cookies</p>	<p>16 BREAKFAST: French Toast Sticks w/Syrup LUNCH: HNS/Mild Chicken w/Bun - Cheesy Potatoes - Black Eye Peas - Cheese Slice - Fruit SNACK: Goldfish</p>	<p>17 BREAKFAST: Banana or Cocoa Bread LUNCH: Beef Dippers - Roll - Baby Potatoes - Candied Carrots - Fruit SNACK: Munchies</p>	<p>18 BREAKFAST: Muffin LUNCH: Pizza Bites - Broccoli w/Cheese - Marinara Sauce - Salad - Tomatoes - Fresh Fruit SNACK: Gripz</p>	<p>19 BREAKFAST: Bacon & Cheese Biscuit w/Jelly LUNCH: Turkey & Dressing w/Gravy - Roll - Mashed Potatoes - Green Beans - Cranberry Sauce - Dessert - Fruit SNACK: Goldfish Cookies</p>
<p>22 BREAKFAST: Cinnamon Rolls LUNCH: Chicken Nuggets - Roll - Mashed Potatoes - English Peas - Fruit SNACK: Chips</p>	<p>23 BREAKFAST: Combo Bar LUNCH: French Bread Pizza - Broccoli w/Cheese - Corn - Marinara Sauce - Fruit SNACK: Mini Chocolate Chip Cookies</p>	<p>24 </p>	<p>25 </p>	<p>26 </p>
<p>29 BREAKFAST: Honey Bun LUNCH: Chicken Drumstick - Roll - Mashed Potatoes - English Peas - Fruit SNACK: Educational Cookies</p>	<p>30 BREAKFAST: Mini Pups w/Syrup LUNCH: Pizza Sticks - Broccoli w/Cheese - Corn - Marinara Sauce - Fruit SNACK: Goldfish</p>	<p>1</p>	<p>2</p>	<p>3</p>

Choice of Milk Served
Daily
 FF Chocolate
 1% Low Fat White
 FF Skim

Offered Daily
BREAKFAST: Fruit and Juice
LUNCH: Main Entrée, or Uncrustable Served Daily. Salad will also include Tomatoes & Cucumbers

CONDIMENTS SERVED:
 Ketchup, Mustard, Mayo, Butter, BBQ Sauce, Swt n Sour Sauce, Honey Mustard and Ranch Dressing – A 1 Sauce
SNACK: Juice



This institution is an equal opportunity provider.