

**NOVEMBER 2024 STARK COUNTY JUNIOR HIGH/ HIGH SCHOOL MENU**

<p><b>Breakfast is served everyday at 7:30 a.m.</b></p> <p><b>MENU IS SUBJECT TO CHANGE</b></p>	<p><b>MILK -1% White, 1% Chocolate, 1% Strawberry is offered at every Meal</b></p> <p><b>A Plant Based Meal is Offered at Lunch everyday.</b></p>	<p><b>NO SCHOOL - November 27, 28, 29, 2024 for Thanksgiving Break</b></p>		<p><b>1 Friday</b> WG French Toast Sticks <b>42 gm</b>, Syrup <b>20 gm</b>, Fruit or Juice</p> <p>Taco in a Bag (Taco Meat, Shredded Cheese, Frito Chips) or Deli Sandwich, Salad or Yogurt Meal <b>Refried Beans 24 gm</b>, <b>Salsa 8 gm</b>, <b>Pears 16 gm</b>, <b>WG Churro 28 gm</b>, <b>Fresh Fruit and Veggies</b></p>
<p><b>4 Monday</b> Scone, WG Cereal, Fruit, Juice</p> <p>WG Bun <b>28g</b>, Sloppy Joe <b>8 gm</b>, or WG Pepperoni Panini <b>30gm</b> or Salad <b>30gm</b> or Deli Sandwich or Yogurt Meal <b>Carrots 6 gm</b>, <b>Mandarin Oranges 17 gm</b>, <b>Fresh Fruit and Veggies</b></p>	<p><b>5 Tuesday</b></p> <p><b>NO SCHOOL</b></p>	<p><b>6 Wednesday</b> WG Cereal, WG Bagel <b>38 gm</b>, Cream Cheese <b>1 gm</b>, Fruit, Juice</p> <p>WG Bun <b>22 gm</b>, Hot Dog <b>1 gm</b>, Chili Dog <b>5 gm</b> or Smoothie Meal or Deli Sandwich or Salad, or Yogurt Meal, <b>Sweet Potato Fries 23 gm</b>, <b>Baked Beans 28 gm</b>, <b>Peaches 14 gm</b>, <b>Fresh Fruit and Veggies</b></p>	<p><b>7 Thursday</b> WG Cereal, Combo Bar <b>8 gm</b>, Fruit, Juice</p> <p>Biscuits are <b>26 gm each</b>, Chicken Ala King or Salad, or Deli Sandwich, or Yogurt Meal, <b>Mashed Potatoes, Peas 11 gm</b>, <b>Pears 16 gm</b>, <b>Fresh Fruit and Veggies</b></p>	<p><b>8 Friday</b> Biscuit <b>26 gm</b>, Sausage and Gravy <b>8 gm</b>, WG Cereal, Fruit, Juice</p> <p>WG Multi Cheese Garlic Bread <b>43.5 gm</b> or Deli Sandwich, or Yogurt Meal, Salad, <b>Green Beans 4 gm</b>, <b>Marinara Sauce 7 gm</b>, <b>Rosy Applesauce 22 gm</b>, <b>WG Cookie 17 gm</b>, <b>Fresh Fruit and Veggies</b></p>
<p><b>11 Monday</b> WG Pancake Bites <b>37 gm</b> Syrup WG Cereal, Fruit, Juice</p> <p>WG Bun <b>26g</b>, Tenderloin <b>14 gm</b> or WG Pepperoni Panini <b>30g</b> or Salad, Deli Sandwich, or Yogurt Meal, <b>Broccoli w/Cheese 10 gm</b>, <b>Peaches 14 gm</b>, <b>Fresh Fruit and Veggies</b></p>	<p><b>12 Tuesday</b> Cinnamon Roll <b>42 gm</b>, WG Cereal, Fruit, Juice</p> <p>Turkey Horseshoe (WG Toast, Turkey) or Deli Sandwich or Salad or Yogurt Meal, <b>Oven Potatoes 22 gm</b>, <b>Cheese Sauce, Cinnamon Applesauce 26 gm</b>, <b>Fresh Fruit and Veggies</b></p>	<p><b>13 Wednesday</b> WG Breakfast Pizza <b>33 gm</b>, WG Cereal, Fruit, Juice</p> <p>WG Croissant <b>29 gm</b>, WG Chicken Patty <b>16 gm</b> or Smoothie Meal or Yogurt Meal or Deli Sandwich or Salad <b>Green Beans 4 gm</b>, <b>Pineapple 17 gm</b>, <b>Fresh Fruit and Veggie</b></p>	<p><b>14 Thursday</b> WG Cereal, WG Pumpkin Bread <b>44 gm</b>, Yogurt, Fruit, Juice</p> <p>WG Roll <b>15 gm</b>, Pasta Dinner or Deli Sandwich or Yogurt Meal, or Salad or Cheese or Chicken Quesadilla <b>38g</b>, <b>Romaine 1.5 gm</b>, <b>Mixed Fruit 22 gm</b>, <b>Fresh Fruit and Veggies</b></p>	<p><b>15 Friday</b> WG Cereal, WG Pancake on a Stick <b>17 gm</b>, Syrup <b>20 gm</b>, Fruit, Juice</p> <p>WG Chili Crisпитos <b>69 gm</b> or Deli Sandwich or Salad Or Yogurt Meal, <b>Refried Beans 24 gm</b>, <b>Salsa 8 gm</b>, <b>Pears 16 gm</b>, <b>Ice Cream Cup 1 gm</b>, <b>Fresh Fruit and Veggies</b></p>

<p><b>18 Monday</b> WG Cinnamon &amp; Sugar Mini Donuts <b>40 gm</b>, WG Cereal, Fruit, Juice</p> <p>WG Corn Dogs <b>60 gm</b> or WG Pepperoni Panini <b>30g</b> or Salad, Deli Sandwich or Yogurt Meal, <b>Sweet Potato Fries 23 gm</b>, <b>Green Beans 4 gm</b>, <b>Mixed Fruit 22g</b>, <b>Fresh Fruit and Veggies</b></p>	<p><b>19 Tuesday</b> WG Cereal, WG English Muffin <b>21 gm</b>, Egg Patty <b>1 gm</b>, Cheese Slice <b>2 gm</b>, Syrup <b>20 gm</b>, Fruit, Juice</p> <p>Rebel Nachos (Taco Meat, <b>Queso Blanco 7 gm</b>, WG Chips) or Deli Sandwich or Salad or Yogurt Meal, <b>Refried Beans 24 gm</b>, <b>Salsa 8 gm</b>, <b>Pears 16 gm</b>, <b>Fresh Fruit and Veggies</b></p>	<p><b>20 Wednesday</b> <u>WG Cereal</u>, WG Waffle <b>24 gm</b>, Syrup <b>20 gm</b>, <u>Fruit</u>, Juice</p> <p>WG Cheese Bites <b>56 gm</b>, Salad, Yogurt Meal, Strawberry Smoothie Meal, Deli Meal <b>Marinara Sauce 7 gm</b>, <b>Carrots 6 gm</b>, <b>Mandarin Oranges 17 gm</b>, <b>Fresh Fruit and Veggies</b></p>	<p><b>21 Thursday</b> WG Cereal, WG Breakfast Bar <b>47 gm</b>, Fruit, Juice</p> <p>WG Roll <b>15 gm</b>, Turkey or Chicken or Cheese Quesadilla or Salad or Deli Sandwich or Yogurt Meal <b>Mashed Potatoes with Gravy, Cinnamon Applesauce 26 gm</b>, <b>Pumpkin Dessert</b>, <b>Fresh Fruit and Veggie</b></p>	<p><b>22 Friday</b> WG Cereal, Biscuit <b>26 gm</b>, Sausage and Gravy <b>8 gm</b>, Fruit, Juice</p> <p>WG Pizza or Yogurt Meal or Deli Sandwich or Salad <b>Peaches 14 gm</b>, <b>Romaine 1.5 gm</b>, <b>Sidekick 23 gm</b>, <b>Fresh Fruit and Veggies</b></p>
<p><b>25 Monday</b> WG Cereal, WG Pigs in Blanket <b>40 gm</b>, Syrup <b>20 gm</b>, Fruit, Juice</p> <p>WG Bun <b>28 gm</b>, Hamburger <b>3 gm</b>, Cheese Slice <b>2 gm</b>, or WG Pepperoni Panini or Salad or Yogurt Meal or Deli Sandwich <b>Corn 16 gm</b>, <b>Pears 16 gm</b>, <b>Fresh Fruit and Veggies</b></p>	<p><b>26 Tuesday</b> WG Cereal, WG Long John Donut <b>33 gm</b>, Fruit, Juice</p> <p>WG Pizza Sticks <b>64gm</b>, Salad, Deli Sandwich, Yogurt Meal, <b>Marinara Sauce 7 gm</b>, <b>Green Beans 4 gm</b>, <b>Rosy Applesauce 22 gm</b>, <b>Fresh Fruit and Veggie</b></p>	<p><b>Breakfast is offer vs serve. Students must take 3 of 4 items served. Lunch is also offer vs serve. students must take 3 of 5 items served and 1 item must be ½ cup of fruit of veggies</b></p>	<p><b>Mashed Potatoes contain sulfates and can cause allergic reactions.</b></p> <p>Ranch Dressing, French Dressing, Ketchup, Mustard and BBQ Sauce and Hot Sauce are offered at Lunch</p>	<p>A Plant Based Meal is offered everyday.</p> <p><u>Cereal</u>- Marsh Matey-22g, Cinnamon Toasters 24g, Honey Graham 22g <u>Juice</u>- Apple 13 g, Fruit Punch 14 g, <u>OF</u> 13 g, Grape 19g <u>Poptart</u>- Strawberry- 75g, Cinnamon 73 g, Blueberry 72 g</p>