

MEAL PRICES

Breakfast:

PK-12 \$1.60

Reduced - \$.30

Adults - \$2.20

Milk \$.40

Lunch:

PK-6 - \$2.60

7-12 - \$2.75

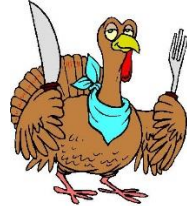
Reduced - \$.40

Adults - \$3.60



November 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>To qualify as a reimbursable meal each meal MUST have ½ cup fruit/vegetable/ or combination of the two</p> <p>Take your pick of Fresh Fruit or Veggies everyday off our Fresh Patch!!!</p> | <p>All Middle School/High School Ala Carte options meet USDA Smart Snack at School Nutrition Standards.</p> <p>***BOLD PRINT items are made fresh in house</p> | <p>1</p> <p>*Turnovers Strawberries and Bananas</p> <p>Chili Cinnamon Roll Corn Mandarin Oranges</p> | <p>2</p> <p>Scrambled Eggs Hash Brown Patty Mandarin Oranges</p> <p>Soft Taco On WG Tortilla Refried Beans Peaches</p> | <p>3</p> <p>NO SCHOOL</p> |
| <p>6</p> <p>WG Breakfast Pizza Applesauce</p> <p>Taco Salad Refried Beans Pears *Brownie</p> | <p>7</p> <p>Syrup Tuesday Pears</p> <p>Meatball Sub On WG Bun Baked Beans Mixed Fruit Cup</p> | <p>8</p> <p>*Scrumptious Coffee Cake Mixed Fruit Cup</p> <p>Burrito w/ Cheese Spanish Rice Corn Peaches HS-Chips</p> | <p>9</p> <p>WG Biscuit Sausage & Cheese Peaches</p> <p>Chicken Strip Wrap Rice Broccoli & Cheese Applesauce</p> | <p>10</p> <p>WG Biscuit Sausage & Gravy Applesauce</p> <p>Cheeseburger on WG Bun Smile Potatoes Apricots</p> |
| <p>13</p> <p>WG Breakfast Pizza Apricots</p> <p>Chicken Nachos Spanish Rice Refried Beans Mandarin Oranges</p> | <p>14</p> <p>Syrup Tuesday Pineapple</p> <p>Mac & Cheese/ Little Smokies Mixed Vegetables Rosy Applesauce Roll</p> | <p>15</p> <p>WG Muffin Rosy Applesauce</p> <p>Chicken Quesadilla Sweet Potato Tots Pears *Choc. Chip Rice Krispy Treat</p> | <p>16</p> <p>Sausage & Cheese Bagel Pears</p> <p>Corn Dog French Fries Mandarin Oranges *Chocolate Pudding</p> | <p>17</p> <p>WG Biscuit Sausage & Gravy Mandarin Oranges</p> <p>Turkey Mashed Potatoes Gravy Pineapple Corn, Roll Ice Cream *Thanksgiving Feast*</p> |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 20 WG Breakfast Pizza Applesauce Crispito's w/ Cheese Refried Beans Pineapple | 21 Syrup Tuesday Fruit Cocktail Hot Ham and Cheese on WG Bun Hash Brown Patty Bananas and Mandarin Oranges | 22 NO SCHOOL | 23 NO SCHOOL Happy Thanksgiving!!  | 24 NO SCHOOL |
| 27 WG Breakfast Pizza Peaches Chicken Leg Mashed Potatoes Gravy Mandarin Oranges Roll | 28 Syrup Tuesday Mandarin Oranges Chicken Filet Sandwich On WG Bun Glazed Carrots Blueberries Jubilee | 29 *Peach Coffee Cake Sausage Patty Blueberries Jubilee Cheese Ravioli w/ Sauce Peas Pineapple Bread Stick | 30 Breakfast Burrito Pineapple Frito Chili Pie Corn on Cob Pears *Cookie | Offered Daily for Breakfast: 100% Fruit Juice Assorted WG Cereals 1% White Milk Skim Chocolate Milk *ONLY 1% White Milk offered to Preschool |

This institution is an equal opportunity provider.

There is nothing more embarrassing then showing up to Thanksgiving Dinner and your kids absolutely will NOT EAT the meal. Here are some tips to help eliminate that scene before it starts.

<http://www.parents.com/kids/nutrition/picky-eaters/tricks-for-feeding-holiday-picky-eaters/>

**Veggie/Fruit
Patch Offered
Daily**

**NOVEMBER IS MONTH FOR
CELEBRATING**

- November 3rd – Sandwich Day
- November 17th – Take a Hike Day
- November 21st – World Hello Day
- November 23rd – “But Nothing” Day
- November 28th – Giving Tuesday

MUST DO ACTIVITIES!!!

Don't forget to turn your clocks back an hour Nov. 5th, get those games out and have a family game night!

It's always good to be thankful!!! Start a thankful month, everyday say something you are thankful for.

We are having a Thanksgiving Feast this year! Please come eat with your child on the 17th, all we ask is you call your child's school office by Nov. 7th to reserve your spot. Happy Thanksgiving!!!!



Items with * Preschool is **NOT ALLOWED** to have due to new CACFP Regulations

Menu is Subject to Change

