

Monday

Tuesday

Wednesday

Thursday

Friday

(WG) Blueberry Muffin
OR
Assorted WG Cereal **6**

Sides:
Strawberry Go Gurt
Canned Fruit or 100% Juice
WG Pretzel Sticks

(WG) Strawberry Pop Tarts
OR
Assorted WG Cereal **7**

Sides:
Strawberry Go Gurt
Canned Fruit or 100% Juice
Low Sodium V8 Juice

(WG) Bagel with cream cheese/jelly
OR
Assorted WG Cereal **1**

Sides:
Strawberry Go Gurt
Canned Fruit or 100% Juice
Low Sodium Tomato Soup

(WG) Mini Maple Waffles
OR
Assorted WG Cereal **2**

Sides:
Strawberry Go Gurt
Canned Fruit or 100% Juice
Low Sodium V8 Juice

(WG) Cinnamon Roll
OR
Assorted WG Cereal **3**

Sides:
Strawberry Go Gurt
Canned Fruit or 100% Juice
WG Pretzel Sticks

(WG) Sausage Pancake Sandwich
OR
Assorted WG Cereal **13**

Sides:
Strawberry Go Gurt
Canned Fruit or 100% Juice
WG Graham Cracker

(WG) Blueberry Pancakes
w/SF Syrup
OR
Assorted WG Cereal **14**

Sides:
Strawberry Go Gurt
Canned Fruit or 100% Juice
Low Sodium Tomato Soup

Scrambled Eggs, Chicken Bacon
With (WG) Roll
OR
Assorted WG Cereal **8**

Sides:
Strawberry Go Gurt
Canned Fruit or 100% Juice
Low Sodium Tomato Soup

(WG) Banana Bread
OR
Assorted WG Cereal **9**

Sides:
Strawberry Go Gurt
Canned Fruit or 100% Juice
WG Pretzel Sticks

**VETERAN'S DAY
HOLIDAY**

**NO SCHOOL
TODAY**

(WG) Bagel w/cream cheese/jelly
OR
Assorted WG Cereal **20**

Sides:
Strawberry Go Gurt
Canned Fruit or 100% Juice
Low Sodium Tomato Soup

(WG) Turkey Sausage Pancake Wrap
OR
Assorted WG Cereal **21**

Sides:
Strawberry Go Gurt
Canned Fruit or 100% Juice
**THANKSGIVING HOLIDAY BEGINS
TOMORROW 11-22-17**

(WG) Cake Donut Holes
OR
Assorted WG Cereal **15**

Sides:
Strawberry Go Gurt
Canned Fruit or 100% Juice

THANKSGIVING HOLIDAY
CLASSES RESUME 11-27-17

Egg Sandwich on (WG) Roll
OR
Assorted WG Cereal **16**

Sides:
Strawberry Go Gurt
Canned Fruit or 100% Juice
Low Sodium V8 Juice

THANKSGIVING HOLIDAY
CLASSES RESUME 11-27-17

(WG) Cinnamon Roll
OR
Assorted WG Cereal **17**

Sides:
Strawberry Go Gurt
Canned Fruit or 100% Juice
WG Pretzel Sticks

THANKSGIVING HOLIDAY
CLASSES RESUME 11-27-17

(WG) Turkey Breakfast Pizza
OR
Assorted WG Cereal **27**

Sides:
Strawberry Go Gurt
Canned Fruit or 100% Juice

(WG) Blueberry Muffin
OR
Assorted WG Cereal **28**

Sides:
Strawberry Go Gurt
Canned Fruit or 100% Juice
Low Sodium V8 Juice

(WG) Banana Bread
OR
Assorted WG Cereal **29**

Sides:
Strawberry Go Gurt
Canned Fruit or 100% Juice
Low Sodium V8 Juice

(WG) Cinnamon Pop Tarts
OR
Assorted WG Cereal **30**

Sides:
Strawberry Go Gurt
Canned Fruit or 100% Juice
WG Pretzel Sticks

THANKSGIVING HOLIDAY



Each Day each entrée comes with the following:

*8 oz. of 1% Low Fat White Milk or 0% Chocolate Milk

*Fresh Fruit or ½ cup of Canned Fruit or 4 oz. of 100% Fruit Juice

*7-8 Grains served per week (Wg Roll or WG Pretzel Sticks or WG Graham crackers)

*4 oz. of a Vegetable Twice a Week (Low Sodium V8 Juice or Tomato Soup)

*Strawberry Go Gurt



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