



November 2024

**Breakfast and Lunch Meals
Free for All Students**

MON	TUE	WED	THU	FRI
				1 WG French bread pizza California vegetable blend Applesauce cup
4 Cheeseburger or hamburger on a wheat bun Oven baked fries Lettuce and tomato slices Diced peaches	5 Potato and cheese pierogies Wheat dinner roll Mixed vegetables Mixed berry cup	6 WG rotini with meat sauce Garlic breadstick Green beans Romaine salad with roasted chick peas Diced pears	7 WG mini turkey corndog nuggets Crinkle cut fries Pineapple tidbits WG chocolate chip cookie	8 WG Mickey's red pizza slice Steamed broccoli Fresh baby carrots with ranch dip Petite banana
11 Early Dismissal WG chicken patty on a wheat bun Baked tator tots Lettuce and tomato slices Mixed fruit	12 Walking beef taco with shredded lettuce, cheese and salsa Corn Fresh apple slices	13 Brunch for Lunch WG French toast sticks with syrup Sausage patty Hash brown triangle Applesauce cup	14 WG chicken tenders Wheat dinner roll Potatoes that smile Mandarin oranges	15 WG round pizza Orange glazed carrots Romaine salad with roasted chick peas Pineapple tidbits
18 The Max mozzarella sticks Tomato soup Tossed garden salad Diced peaches	19 Sloppy joe on a wheat bun Sweet potato fries Paradise punch juice box Mixed fruit	20 Hot dog on a wheat bun Vegetarian baked beans Fresh baby carrots with ranch dip Diced pears	21 Thanksgiving Meal Roast turkey with gravy Wheat dinner roll Homemade stuffing Mashed potatoes Cranberry sauce Holiday frozen juice cup	22 WG stuffed crust pizza slice Steamed green beans Fresh orange quarters
25 Cheesesteak wrap Sweet potato puffs Fresh broccoli tops with ranch dip Mixed berry cup	26 Early Dismissal WG chicken nuggets Wheat dinner roll Potatoes that smile Fresh apple slices	27 Thanksgiving Break	28 Happy Thanksgiving! 	29 Thanksgiving Break

- ♦ Second Lunch Cost: \$3.00
- ♦ Milk Only Cost: \$0.50
- ♦ Adult Meal Cost: \$4.75

Daily Lunch Offerings from the Deli:

- Smucker's PBJ uncrustable with string cheese
- Turkey Sandwich on WG white bread
- Fruited Yogurt served with Graham Crackers
- EZ Jammers (peanut free) Uncrustables

What Makes a Lunch Meal?

You must choose at least 3 of 5 components offered
for the school lunch meal:

- Meat/Meat Alternate Choice
- Vegetable Choice
- Fruit Choice
- Grain/Bread Choice
- Milk Choice - 1% white, Fat Free white or
chocolate

**Students must choose at least 1/2 cup of fruit
or vegetable daily at lunch for a reimbursable meal.**

***Menu subject to change due to food supply
issues***

Food Service Director: Maria Liptak, RD
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**NUTRITION TIP OF THE
MONTH**
Start the day out with a
healthy breakfast to prevent
overeating throughout the
day on Thanksgiving.