

| MONDAY November 27, 2017 | TUESDAY November 28, 2017 | WEDNESDAY November 29, 2017 | THURSDAY November 30, 2017 | FRIDAY December 1, 2017 | SATURDAY December 2, 2017 | SUNDAY December 3, 2017 |
|--|--|---|--|---|---|---|
| BREAKFAST WG Pancakes Sausage <small>Sugar Free Syrup/ Margarine</small> Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice | BREAKFAST Bagels Cream Cheese Assorted Yogurt Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice | BREAKFAST Scrambled Eggs w/ Cheese WW Toast/ Jelly Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice | BREAKFAST Assorted Muffins Assorted Yogurts Cheese Sticks Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice | BREAKFAST French Toast Sausage Links <small>Sugar Free Syrup/ Margarine</small> Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice | BREAKFAST Egg & Cheese on a WW English Muffin Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice | BREAKFAST Hard Boiled Egg WW Toast/ Jelly Sausage patty Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice |
| LUNCH Hot Dogs Potato Chips Carrot Sticks Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice | LUNCH Chicken Strips Potato Wedges Broccoli Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice | LUNCH Spaghetti /Meat Sauce Green Beans WW Garlic Roll Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice | LUNCH Taco Salad <small>Lettuce Tomato Sour Cream</small> Refried Beans Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice | LUNCH Chicken & Noodles Sweet Peas WW Roll Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice | LUNCH Cheese/Pepperoni Pizza Baby Carrots Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice | LUNCH Super Nachos Refried Beans Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice |
| DINNER Chicken Pot Pie Green Beans WW Roll Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup | DINNER Country Fried Steak Mashed Potato/ Gravy Carrots WW Roll Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup | DINNER Baked Chicken AuGratin Potatoes Mixed Vegetables WW Roll Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup | DINNER Beef Stroganoff Buttered Noodles Sweet peas WW Roll Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup | DINNER Green Chili Tamales Brown Spanish Rice Lettuce Tomato Sour Cream Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup | DINNER Baked Ham Scalloped Potatoes Mixed Vegetable WW Roll Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup | DINNER Cheese Lasagna Italian Vegetable Toasted Garlic Bread Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup |

This institution is an equal opportunity provider.

100 % Fruit Juice
1% Milk
Skim Milk
Skim Chocolate Milk

PBJ Pack
Sandwich
Cheese Stick
Cheez Its

WW Whole Wheat
WG Whole Grain

