

MONDAY November 13, 2017	TUESDAY November 14, 2017	WEDNESDAY November 15, 2017	THURSDAY November 16, 2017	FRIDAY November 17, 2017	SATURDAY November 18, 2017	SUNDAY November 19, 2017
<p>BREAKFAST Bagels Cream Cheese Assorted Yogurt Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p>	<p>BREAKFAST French Toast Sticks Sausage Links <i>Sugar free Syrup/ Margarine</i> Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p>	<p>BREAKFAST Breakfast Burrito Hash Browns Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p>	<p>BREAKFAST Assorted Muffins WG Assorted Yogurts Cheese Sticks Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p>	<p>BREAKFAST Waffles Turkey Sausage <i>Sugar free Syrup/ Margarine</i> Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p>	<p>BREAKFAST Scrambled Eggs w /Cheese WW Toast Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p>	<p>BREAKFAST Sausage Muffin Egg Cheese Hash Brown Sticks Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p>
<p>LUNCH Pork Rib on a bun Lettuce Tomato Tater Tots</p> <p>Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>	<p>LUNCH Bean & Cheese Burrito Spanish Brown Rice Lettuce Tomato Sour Cream Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>	<p>LUNCH Chicken Nuggets Mashed Potato / Gravy Broccoli WW Roll Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>	<p>LUNCH Chicken Fajita Pita Bread Lettuce & Tomato Spanish Brown Rice Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>	<p>LUNCH Cheeseburgers WW Bun Lettuce Tomato/ Baked French Fries Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>	<p>LUNCH Grilled Cheese Tomato Soup Potato Chips</p> <p>Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>	<p>LUNCH Chicken Quesadilla Refried Beans Lettuce Tomato</p> <p>Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p>
<p>DINNER Mac & Beef Green Beans WW Roll</p> <p>Salad Bar Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup</p>	<p>DINNER BBQ Chicken AuGratin Potatoes Peas WW Roll Salad Bar Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup</p>	<p>DINNER Beef Stew Over Rice Carrots Biscuit</p> <p>Salad Bar Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup</p>	<p>DINNER Cheese Lasagna Cheesy Bread Italian Vegetables</p> <p>Salad Bar Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup</p>	<p>DINNER Chicken Fricassee Egg Noodles Carrots WW Roll Salad Bar Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup</p>	<p>DINNER Spaghetti/ Meatballs Green Beans Toasted Garlic Bread</p> <p>Salad Bar Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup</p>	<p>DINNER No Dinner Going off campus</p>

This institution is an equal opportunity provider.

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

PBJ Pack
Sandwich
Cheese Stick
Cheeze Its

WW Whole Wheat
WG Whole Grain