

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Cereal, wg toast, oranges, juice, milk</p> <p>Chili w/crackers, green beans, cornbread, fruit & veggie bar, milk</p>	<p>2 WG cinnamon roll or cold cereal option, yogurt, banana, juice, milk</p> <p>Chicken gravy over mashed potatoes, carrots, fruit & veggie bar, milk</p>	<p>3 Biscuits & gravy, or cold cereal option, cheese stick, mandarin oranges, juice, milk</p> <p>Meatball sub, french fries, fruit & veggie bar, milk</p>	<p>4 Omelet, toast or cold cereal option, mixed fruit, juice, milk</p> <p>Lasagna hotdish, corn, garlic bread, fruit & veggie bar, milk</p>
<p>7 Breakfast sandwich or cold cereal option, peaches, juice, milk</p> <p>Chicken sandwich, wild rice, peas, fruit & veggie bar, milk</p>	<p>8 French toast sticks or cold cereal option, apple, juice, milk</p> <p>Burritos, infused rice, corn, fruit & veggie bar, milk</p>	<p>9 Hot cereal, toast, tropical fruit, juice, milk</p> <p>Turkey, mashed potatoes, wild rice, cranberries, dinner roll, fruit, milk</p>	<p>10 Cereal, WG toast, orange, juice, milk</p> <p>Cheeseburger, baked beans, fruit & veggie bar, milk</p>	<p>11</p> <p>No school</p> <p>Conferences</p>
<p>14 Oatmeal, or cold cereal option, toast,pears, juice, milk</p> <p>Sloppy Joe, baked beans, fruit & veggie bar, milk</p>	<p>15 Breakfast pizza, or cold cereal option, yogurt, orange, juice, milk</p> <p>Mac & cheese, ½ sandwich, peas, fruit & veggie bar, milk</p>	<p>16 Egg, sausage, toast or cold cereal option, apple, juice, milk</p> <p>Tater tot hotdish, carrots, bread & butter, fruit & veggie bar, milk</p>	<p>17 Oatmeal round or cold cereal option, yogurt, banana, juice, milk</p> <p>Spaghetti, green beans, corn bread, fruit & veggie bar, milk</p>	<p>18 WG Waffle, sausage, or cold cereal option, peaches, juice, milk</p> <p>Chicken strips, wild rice, mashed potatoes, fruit & veggie bar, milk</p>
<p>21 Pancakes or cold cereal option, sausage, peaches, juice, milk</p> <p>Beef stroganoff, dinner roll, mixed veggies, fruit & veggie bar, milk</p> <p>Limited fruit & veggie bar t his week</p>	<p>22 Scrambled eggs or cold cereal option, toast, mixed fruit, juice, milk</p> <p>Sub sandwich, baked chips, carrots, fruit & veggie bar, milk</p> <p>Limited fruit & veggie bar t his week</p>	<p>23 Blueberry muffin square or cold cereal option, cheese stick, pears, juice, milk</p> <p>Pizza, corn, fruit & veggie bar, milk</p> <p>Limited fruit & veggie bar this week</p>	<p>24</p> <p>No school</p>	<p>25</p> <p>No school</p>
<p>28 Hard boiled egg or cold cereal option, WG toast, mandarin oranges, juice, milk</p> <p>Wild rice hotdish, dinner roll, fruit & veggie bar, milk</p>	<p>29 Pancake on a stick or cold cereal option, apple, juice, milk</p> <p>Hot ham & cheese, carrots, fruit & veggie bar, milk</p>	<p>30 Oatmeal or cold cereal option, banana, juice, milk</p> <p>Walking tacos, refried beans fruit & veggie bar, milk</p>	<p>This institute is an equal opportunity provider</p>	<p>MENU SUBJECT TO CHANGE OR SUBSTITUTION WITHOUT NOTICE</p>

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November 2022

ADD COLOR TO YOUR TRAY.
ADD COLOR TO YOUR DAY.

RECIPE NAME

INGREDIENTS

Ingredients go here
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DIRECTIONS

1. Directions go here
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OTHER INFORMATION

Recipe source to go here
Serving size here

PAYMENT INFORMATION

Brief statement about the types of payment accepted.

(DISTRICT OR SCHOOL NAME) MENU PRICES

	LUNCH	EXTRA MILK
Elementary	\$X.XX	\$X.XX
Secondary	\$X.XX	\$X.XX
Reduced-Price	\$X.XX	\$X.XX
Adult	\$X.XX	\$X.XX

FREE OR REDUCED PRICED MEALS

Brief statement about the way to apply for free or reduced price meals.

MISSION STATEMENT

District, school or foodservice mission statement to go here

Foodservice Mailing Address

Foodservice Phone Number

Foodservice Website

Foodservice Email

FUN FACTS GO HERE.

Make colorful choices. Everyday.

**PLACE SCHOOL
OR DISTRICT
LOGO HERE**