

100% Fruit Juice, Fruit, and milk are offered as part of the menu every day.

Monday	Tuesday	Wednesday	Thursday	Friday
5 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	6 Berry Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items *Make "Overnight Oats"	7 "Overnight Oats" WGR Breakfast Cereal Frosted Cinnamon Roll Choose 2 of the Above Items	8 Breakfast Banana Split WGR Breakfast Cereal Pumpkin Pancake Bar Choose 2 of the Above Items	9 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items
12 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items .	13 Food Court Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items *Make "Overnight Oats"	14 "Overnight Oats" WGR Breakfast Cereal Carmel Roll Choose 2 of the Above Items	15 Breakfast Banana Split WGR Breakfast Cereal Pumpkin Pancake Bar Choose 2 of the Above Items	16 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items
19 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	20 WGR Breakfast Cereal Gogurt WGR Bread Item Choose 2 of the Above Items	21 Berry Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Staff Development- Early Dismissal 11:45	22 	23 
26 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	27 Food Court Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items *Make "Overnight Oats"	28 "Overnight Oats" WGR Breakfast Cereal Frosted Cinnamon Roll Choose 2 of the Above Items	29 Breakfast Banana Split WGR Breakfast Cereal Pumpkin Pancake Bar Choose 2 of the Above Items	30 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items
December 3 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	December 4 Berry Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items *Make "Overnight Oats"	December 5 "Overnight Oats" WGR Breakfast Cereal Carmel Roll Choose 2 of the Above Items	December 6 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items	December 7 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items

100% Fruit Juice: Apple, Orange, Grape, Dragon Punch, Cranberry, & Mango Wango.

Muffin Choices: Blueberry, Chocolate, or Banana

(WGR) Assorted Whole Grain Cereals: Froot Loops, Rice Krispy, Cocoa Puffs, Cheerios, Lucky Charms, or Cinnamon Toast Crunch.

WGR Bread Items: Cinnamon Toast Crisps, Backpack Snacks, Gripz, Graham Snacks, Etc.

Yogurt Explosion: A serving of vanilla or strawberry yogurt served with variety of toppings (fruit, granola, etc.)

Breakfast Banana Split: 1 banana topped with vanilla or strawberry yogurt and variety of toppings (fruit, honey, cinnamon)

*Strawberry/Vanilla/Strawberry Yogurt topped with granola (topping optional)

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>6</p> <p>Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>7</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>8</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Pancake on a Stick</p> <p>Served with fruit and 100% juice.</p>	<p>9</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with fruit and 100% juice.</p>
<p>12</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>13</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Golden Eagle Waffles W/ Sausage Links OR Egg, Cheese, & Turkey Sausage Burrito</p> <p>Served with fruit and 100% juice.</p>	<p>14</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>15</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Pancake on a Stick</p> <p>Served with fruit and 100% juice.</p>	<p>16</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Blueberry Waffles w/ Sausage Links</p> <p>Served with fruit and 100% juice.</p>
<p>19</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>20</p> <p>Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>21</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p> <p>Staff Development- Early Dismissal 11:45</p>	<p>22</p> 	<p>23</p> 
<p>26</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>27</p> <p>Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>28</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>29</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with fruit and 100% juice.-</p>	<p>30</p> <p>Cheddar Cheese Omelet OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with fruit and 100% juice.</p>
<p>December 3</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>December 4</p> <p>Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>December 5</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>December 6</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Blueberry Waffles w/ Sausage Links</p> <p>Served with fruit and 100% juice.</p>	<p>December 7</p> <p>Cheddar Cheese Omelet OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with fruit and 100% juice.</p>

Milk is available every day.

100% Fruit Juice: Apple, Orange, Grape, Dragon Punch, Cranberry, & Mango Wango.

Middle School Lunch Menu

November 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	5 Tangerine Chicken or Popcorn Chicken or Teriyaki Chicken Creamy Mashed Potatoes Gravy Fresh Broccoli Florets Dip Strawberry Cup	6 Breaded Chicken Sandwich or Mini Maple Pancakes w/Turkey Sausage Links Batter Bites Wango Mango Vegetable Juice Peach Cup	7 *Mr.Ribb or Cheeseburger Baked Vegetarian Beans Mixed Greens Salad Salad Dressing Mixed Fruit	8 Pasta w/Meat Sauce or Turkey Alfredo w/Breadstick or Hamburger Coleslaw Fresh Carrot Sticks Dip Diced Pears	9 Grilled Chicken Wrap or Fish Taco Toppings: Shredded Lettuce, Cheese, & Ranch Steamed Peas Fresh Vegetables Dip Applesauce
Week 2	12 BBQ Chicken Sandwich or Pepperoni Pizza Baked Vegetarian Beans Mixed Greens Salad Salad Dressing Sliced Pears	13 Breakfast (Turkey) Sausage or Bacon Scramble Pizza w Cheese Stick or Hamburger Batter Bites Wango Mango Vegetable Juice Mixed Fruit	14 Soft Shell Taco (Beef or Chicken) or Cold Cut Sub Toppings: Shredded Lettuce, Cheese, & Taco Sauce Tortilla Chips/Salsa Fresh Broccoli/Dip Applesauce	15 Chicken Drumstick or Teriyaki Chicken or Tangerine Chicken Dinner roll Poultry Rice Gravy Roasted Squash Coleslaw Strawberry Cup	16 Hot Dog (All Beef) or Fish Sandwich Curly Fries Fresh Baby Carrots Dip Peach Cup
Week 3	19 Super Nachos (Beef or Chicken) or Hamburger Deluxe Toppings: Lettuce, Tomatoes, & Onions Batter Bites Fresh Carrot Sticks Mixed Fruit	20 Chicken Nuggets or Fish Shapes or Tangerine chicken Creamy Mashed Potatoes Gravy Steamed Peas Fruit Cup	21 School Breakfast Will Be Served!!! Staff Development- Early Dismissal 11:45	22 	23 
Week 4	26 Softshell Taco (Beef or Chicken) or Cheeseburger Deluxe Toppings: Shredded Lettuce, Cheese, & Taco Sauce Fresh Cauliflower Bites Crisp Carrot Sticks/ Dip Sliced Peaches	27 Mini Maple Pancakes w/Turkey Sausage Links or *Mr. Ribb Batter Bites Wango Mango Vegetable Juice Fresh Orange Slices	28 Hamburger Steak or Fish Shapes Creamy Mashed Potatoes Beef Gravy Dinner Roll Grilled Mushrooms Coleslaw Fresh Apple Slices	29 Chicken Drumstick or Teriyaki chicken Dinner Roll Poultry Rice Gravy Roasted Squash Fresh Broccoli Florets Dip Strawberry Banana Dessert	30 Mini Corn Dogs or Hamburger Baked Vegetarian Beans Tortilla Chips Salsa Fresh Vegetables Dip Blueraspberry/ Lemonade Sidekick

*Contains Pork

Milk is available every day.

Menus are subject to change without notice.