

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

Monday	Tuesday	Wednesday	Thursday	Friday
November 26 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	November 27 Food Court Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items *Make "Overnight Oats"	November 28 "Overnight Oats" WGR Breakfast Cereal Frosted Cinnamon Roll Choose 2 of the Above Items	November 29 Breakfast Banana Split WGR Breakfast Cereal Pumpkin Pancake Bar Choose 2 of the Above Items	November 30 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items
3 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	4 Berry Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items *Make "Overnight Oats"	5 "Overnight Oats" WGR Breakfast Cereal Carmel Roll Choose 2 of the Above Items	6 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items	7 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items
10 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	11 Berry Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items *Make "Overnight Oats"	12 "Overnight Oats" WGR Breakfast Cereal Frosted Cinnamon Roll Choose 2 of the Above Items	13 Breakfast Banana Split WGR Breakfast Cereal Pumpkin Pancake Bar Choose 2 of the Above Items	14 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items
17 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items .	18 Food Court Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items *Make "Overnight Oats"	19 "Overnight Oats" WGR Breakfast Cereal Carmel Roll Choose 2 of the Above Items	20 Breakfast Banana Split WGR Breakfast Cereal Pumpkin Pancake Bar Choose 2 of the Above Items	21 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items
24 	25 	26 	27 	28 

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>November 26</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>November 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>November 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>November 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>November 30</p> <p>Cheddar Cheese Omelet OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with fruit and 100% juice.</p>
<p>3</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>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>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>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>7</p> <p>Cheddar Cheese Omelet OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with fruit and 100% juice.</p>
<p>10</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>11</p> <p>Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>12</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>13</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Pancake on a Stick</p> <p>Served with fruit and 100% juice.</p>	<p>14</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>17</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>18</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>19</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>20</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Pancake on a Stick</p> <p>Served with fruit and 100% juice.</p>	<p>21</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>24</p> 	<p>25</p> 	<p>26</p> 	<p>27</p> 	<p>28</p> 

Milk is available every day.

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

Middle School Lunch Menu

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Hot Dog or Fish Sandwich Baked Vegetarian Beans Fresh Cauliflower Bites Dip Diced Peaches	Breakfast (Turkey) Sausage or Bacon Scramble Pizza or Chicken Sandwich Puzzle Fries Wango Mango Vegetable Juice Fresh Orange Slices	Sloppy Joe Sliders or *Mr. Ribb Corn Chips Lettuce Salad Salad Dressing Fresh Carrot Sticks Applesauce	Super Nachos (beef or Chicken) or Cheeseburger Deluxe Toppings: Lettuce, Tomatoes, Onions, Black Beans Simply Sweet Corn Fresh Broccoli/Dip Mixed Fruit	Pasta w/Meat Sauce or Turkey Alfredo w/Bread Stick or Hamburger Cherry Tomatoes Fresh Baby Carrots Dip Assorted Fruits
10	11	12	13	14
Tangerine Chicken or Popcorn Chicken or Teriyaki Chicken Creamy Mashed Potatoes Gravy Fresh Broccoli Florets Dip Strawberry Cup	Breaded Chicken Sandwich or Mini Maple Pancakes w/Turkey Sausage Links Batter Bites Wango Mango Vegetable Juice Peach Cup	*Mr. Ribb or Roasted Beef-N-Cheddar Baked Vegetarian Beans Mixed Greens Salad Salad Dressing Mixed Fruit	Pasta w/Meat Sauce or Turkey Alfredo w/Breadstick or Hamburger Coleslaw Fresh Carrot Sticks Dip Diced Pears	Grilled Chicken Wrap or Fish Taco Toppings: Shredded Lettuce, Cheese, & Ranch Fresh Cucumber Coins Fresh Baby Carrots Dip Assorted Fruits
17	18	19	20	21
BBQ Chicken Sandwich or Pepperoni Pizza Baked Vegetarian Beans Mixed Greens Salad Salad Dressing Cinnamon Apples Slices	Breakfast (Turkey) Sausage or Bacon Scramble Pizza w Cheese Stick or Hamburger Batter Bites Wango Mango Vegetable Juice Mixed Fruit	Soft Shell Taco (Beef or Chicken) or Cheeseburger Deluxe Toppings: Shredded Lettuce, Cheese, & Taco Sauce Tortilla Chips/Salsa Fresh Broccoli/Dip Strawberry Cup	Chicken Nuggets or Teriyaki Chicken or Tangerine Chicken Dinner roll Poultry Rice Gravy Coleslaw Fresh Celery Sticks Fresh Carrot Sticks/Dip Applesauce	Hot Dog (All Beef) or Fish Sandwich Oven Potato Fresh Baby Carrots Dip Assorted Fruits
24	25	26	27	28
				
No School- Winter Vacation	No School- Winter Vacation	No School- Winter Vacation	No School- Winter Vacation	No School- Winter Vacation

*Contains Pork

Milk is available every day.

Menus are subject to change without notice.