

# Middle School Breakfast

Line 1  
November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
October 28 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk	October 29 Apple Pie Smoothie or Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk.	October 30 Pumpkin Pancake Bar WGR Breakfast Cereal Frosted Cinnamon Roll <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk	October 31 Fresh Baked Biscuit Breakfast Banana Split WGR Breakfast Cereal <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk	1 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk
4 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk	5 Banana Cream Pie Smoothie or Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk.	6 Pumpkin Pancake Bar WGR Breakfast Cereal Frosted Cinnamon Roll <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk	7 Fresh Baked Biscuit Breakfast Banana Split WGR Breakfast Cereal <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk	8 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk
11 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk	12 Apple Pie Smoothie or Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk	13 Pumpkin Pancake Bar WGR Breakfast Cereal Carmel Roll <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk	14 Fresh Baked Biscuit Breakfast Banana Split WGR Breakfast Cereal <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk	15 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk
18 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk	19 Banana Cream Pie Smoothie or Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk.	20 Pumpkin Pancake Bar WGR Breakfast Cereal Frosted Cinnamon Roll <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk	21 Fresh Baked Biscuit Breakfast Banana Split WGR Breakfast Cereal <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk	22 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk
25 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk	26 Apple Pie Smoothie or Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk	27 Pumpkin Pancake Bar WGR Breakfast Cereal Frosted Cinnamon Roll <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk	28 	29 

Menus are subject to change without notice.

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

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)

Pumpkin Pancake Bar: A pancake recipe turned into a tasty bar topped with non-dairy topping and cinnamon

# Middle School Breakfast

Line 2  
November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
October 28 *Breakfast Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	October 29 Egg, Cheese, & Turkey Sausage Burrito OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	October 30 Egg & Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	October 31 French Toast Sticks w/ Sausage Links OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	1 Cheddar Cheese Omelet OR Breakfast Sausage Pizza OR Bacon Scramble Pizza  Served with fruit, 100% juice, & Milk
4 *Breakfast Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza OR  Served with fruit, 100% juice, & Milk	5 Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	6 *Breakfast Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	7 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Yogurt  Served with fruit, 100% juice, & Milk	8 Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza  Served with fruit, 100% juice, & Milk
11 *Breakfast Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	12 Egg, Cheese, & Turkey Sausage Burrito OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk Salsa is available	13 Egg & Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	14 French Toast Sticks w/ Cheese Stick OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	15 Pancake on a Stick OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk
18 *Breakfast Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	19 Egg, Cheese, & Turkey Sausage Burrito OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	20 Egg & Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	21 French Toast Sticks w/ Cheese Stick OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	22 French Toast Sticks w/ Yogurt OR Breakfast Sausage Pizza OR Bacon Scramble Pizza  Served with fruit, 100% juice, & Milk
25 *Breakfast Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	26 Egg, Cheese, & Turkey Sausage Burrito OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	27 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR *Breakfast Slider  Served with fruit, 100% juice, & Milk	28 	29 

Milk is available every day. Menus are subject to change without notice.

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

\*Breakfast Slider: Egg & Cheese Slider or (Turkey) Sausage & Cheese Slider

# Middle School Lunch Menu

## November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
October 28 **Mr. Ribb or Sloppy Joe Baked Vegetarian Beans Chips Salsa Yellow Petite Banana	October 29 Cheeseburger or Breaded Chicken Sandwich Fresh Carrot Sticks Mixed Greens Salad Salad Dressing Applesauce	October 30 Hamburger Steak or Fish Shapes or Chicken Drumstick Creamy Mashed Potatoes Beef Gravy Dinner Roll Grilled Mushrooms Fresh Broccoli Florets Dip Diced Peaches	October 31 Tangerine Chicken or Teriyaki Chicken W/ Poultry Rice & Gravy or Hamburger Oven Roasted Squash Fresh Carrots Dip Fresh Apple Slices	1 Mini Corn Dogs or Hamburger Puzzle Fries Fresh Vegetables Dip Assorted Fruits
4 Super Nachos or Hamburger Deluxe Toppings: Lettuce, Tomatoes, Fiesta Salsa, & Onions Rice Crisp Carrot Sticks Crisp Celery Sticks Dip Baked Apple Slices	5 Fish Shapes or Popcorn Chicken Creamy Mashed Potatoes Gravy Oven Roasted Squash Fresh Broccoli Florets Dip Pineapple Tidbits	6 Pasta w/Meat Sauce or Turkey Alfredo w/Breadstick or Hamburger Mixed Greens Salad Salad Dressing Fresh Cucumber Coins Dip Yellow Petite Banana	7 Cold Cut Sub or Hamburger Deluxe Toppings Lettuce, Tomatoes, & Cheese Mac-N-Cheese Crisp Celery Sticks Dip Fresh Apple Slices (Red, Yellow, or Green)  Celebrating November Birthdays!	8 Cheeseburger or Cheese Omelet w/French Toast Sticks Baked Vegetarian Beans Fresh Vegetables Dip Strawberry Banana Dessert
11 Crispy Chicken Sticks or Mini Corn Dog Mac & Cheese Fresh Broccoli Florets Crisp Carrot Sticks Dip Strawberry Cup	12 Egg Pizza or Breakfast (Turkey) Sausage Pizza or Hamburger Sweet Steamed Corn Fresh Pepper Slices Dip Fresh Orange Slices	13 Tangerine Chicken or Teriyaki Chicken W/ Poultry Rice & Gravy or Hamburger Oven Roasted Squash Steamed Green Beans Fresh Cucumber Slices Dip Fresh Apple Slices	14 <b>“We Love Summer!”</b> Hot Dog or BBQ Chicken Sandwich Baked Vegetarian Beans Fresh Cauliflower Bites Dip Mandarin Oranges S'More Bar	15 Cheese Pizza or Sloppy Joe Puzzle Fries Fresh Vegetables Dip Pineapple Tidbits
18 Fish Shapes or Chicken Nuggets Poultry Rice Gravy Steamed Peas Crisp Carrot Sticks Dip Diced Peaches	19 Cheeseburger or Breaded Chicken Sandwich Baked Vegetarian Beans Fresh Broccoli Florets Dip Fresh Apple Slices	20 Super Nachos or Hamburger Deluxe Toppings: Lettuce, Tomatoes, Fiesta Salsa, & Onions Rice Steamed Green Beans Yellow Petite Banana	21 Pasta w/Meat Sauce or Turkey Alfredo w/Breadstick or Hamburger Mixed Greens Salad Salad Dressing Crisp Celery Sticks Dip Applesauce Cup	22 Fish Sandwich or **Mr. Ribb Mac-N-Cheese Fresh Vegetables Dip Strawberry Banana Dessert
25 Sloppy Joe or French Toast Sticks w/ Cheese Omelet or **Pork Sausage Maple Links Wango Mango Vegetable Juice Potato Smiles Fresh Vegetables Dip Strawberry Cup	26 Popcorn Chicken or Fish Shapes Mashed Potatoes Gravy Dinner Roll Fresh Vegetables Dip Assorted Fruits Soft Baked Cherry Bar	27 <b>School Breakfast Will Be Served!!!</b>  <b>Staff Development- Early Dismissal 11:45</b>	28 	29 

Milk is available every day. Menus are subject to change without notice. All toppings are optional. \*\*Contains Pork