

# WEST CENTRAL BREAKFAST & LUNCH MENU

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Poptart/ Pre-K Cereal	2 Pancake Sausage Stick/ Syrup	3 Cereal Bar Pre-K Muffin	4 Waffle / Syrup
7 French Toast / Syrup	8 <b>NO SCHOOL</b>	9 Muffin	10 Pancake / Syrup	11 <b>NO SCHOOL</b>
14 Nutri-Grain Bar Pre- K Cereal	15 Poptart Pre-K - Muffin	16 Pancake Sausage Stick/ Syrup	17 Cereal Bar Pre-K Bagel	18 Banana Bread
21 Breakfast Pizza	22 French Toast / Syrup	23 <b>NO SCHOOL</b>	24 <b>NO SCHOOL</b>	25 <b>NO SCHOOL</b>
28 Nutri-Grain Bar	29 Poptart / Pre-K Cereal	30 Muffin	Offered Daily: Chocolate Milk, White Milk, Cereal, Juice, Fruit, and Yogurt	

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Goulash Corn Bread & Butter Apple Slices	2 Taco-in-A- Bag Shredded Lettuce & Cheese Diced Tomatoes Refried Beans, Salsa, Sour Cream Onions, Frozen	3 Tenderloin Tater Tots Baked Beans, Onions Pickles, Applesauce	4 Chicken Fettuccine Peas, Garlic Bread Pineapple
7 Chili Frito Lay Bowl Shredded Lettuce & Cheese Diced Tomatoes Ranch or French Dressing Mandarin Oranges	8 <b>NO SCHOOL</b>	9 Salisbury Steak Mashed Potatoes & Gravy Butter Cooked Carrots, Roll Mixed Fruit	10 Pizza Peas Pudding Pears	11 <b>NO SCHOOL</b> <b>VETERANS DAY</b>
14 Cheeseburger / Bun French Fries Green Beans Apricots	15 Pizza Burger / Bun Cheese Sticks Carrot Sticks Mandarin Oranges	16 Corn Dogs Mixed Vegetables Fresh Broccoli Apple Slices	17 Turkey Roast Mashed Potatoes Gravy or Butter, Corn, Roll Peaches, Pumpkin	18 BBQ Rib Patty / Bun Corn Pears
21 Cheesy Breadsticks Marinara Sauce Mixed Vegetables Applesauce	22 Grilled Chicken / Bun Hash Browns, Cooked Carrots Mixed Fruit	23 <b>NO SCHOOL</b>	24 <b>NO SCHOOL</b> <b>HAPPY THANKSGIVING</b>	25 <b>NO SCHOOL</b>
28 Chicken Nuggets Mashed Potatoes & Gravy Butter, Green Beans Peaches, Roll	29 Fish Sticks Cooked Carrots Tartar Sauce Roll, Peaches	30 Spaghetti Garlic Bread, Mixed Vegetables Apricots	Offered Daily: Chocolate Milk, White Milk, Salad Bar, Ham & Cheese Sandwich, Turkey & Cheese Sandwich, Fruit	