

 November 2019 Breakfast Menu

 \*\* Daily Alternate breakfast include: Cereal Bar, Bagel w/cream cheese, Yogurt or cereal w/graham crackers \*\*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **All Students Eat Free!** |   |   |   | WG Banana Super BreadAssorted Chilled FruitChoice of low fat or fat free Milk  1 |
| WG Cereal ChoiceAssorted Chilled FruitChoice of low fat or fat free Milk4  | Mini Bagel pack w/crm cheeseAssorted Chilled FruitChoice of low fat or fat free Milk 5 |  Bacon egg and cheese Biscuit Assorted Chilled FruitChoice of low fat or fat free Milk 6 | WG Blueberry MuffinAssorted Chilled FruitChoice of low fat or fat free Milk7 | Mini Pancake pack w/syrupAssorted Chilled FruitChoice of low fat or fat free Milk 8  |
| **No School**11 | Wg French Toast sticksAssorted Chilled FruitChoice of low fat or fat free Milk12 | Wg Cereal choiceAssorted Chilled FruitChoice of low fat or fat free Milk13 | Pancake on a stick Assorted Chilled FruitChoice of low fat or fat free Milk 14 | Wg Banana Super bread Assorted Chilled FruitChoice of low fat or fat free Milk 15 |
| Blueberry Muffin 4 oz yogurtAssorted Chilled FruitChoice of low fat or fat free Milk 18 | Wg mini Waffle pack Assorted Chilled FruitChoice of low fat or fat free Milk19 | Apple FrudelAssorted Chilled FruitChoice of low fat or fat free Milk 20  | Sausage egg and cheese muffinAssorted Chilled FruitChoice of low fat or fat free Milk21 | No School Supt Day 22 |
| Bagel/toppingsAssorted Chilled FruitChoice of low fat or fat free Milk25 | Breakfast BurritoAssorted Chilled FruitChoice of low fat or fat free Milk 26  | Thanksgiving Recess27 |   Thanksgiving Recess 28 |  Thanksgiving Recess 29 |

 Office of School Nutrition 518-568-2014 Ext #3130

 \* Menu subject to change without notice\* This institution and the USDA are equal opportunity provider



 **November 2019 Lunch Menu**

 \*\* Daily Alternates include: PBJ, Bagel w/cream cheese, Salad w/dressing or Yogurt w/dinner rolls \*\*

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| --- | --- | --- | --- | --- |
|  | **ALL STUDENTS EAT FREE!!** |  |  | **Assorted Pizza**Buttered Corn (S)Assorted Chilled fruitchoiceLow fat or Fat Free Milk 1 |
| **Chicken Tenders**Broccoli Florets (DG)Dinner roll Assorted Chilled fruit choice Low fat or Fat Free Milk 4 | **Warm Ham and Cheese** **Bagel** Tomato SoupAssorted Chilled fruit choiceLow fat or Fat Free Milk 5 | **Beef Hot dog on a bun**Veg Beans Chili Assorted Chilled fruit choiceLow fat or Fat Free Milk 6 | Hamburger/Cheeseburger on a bunButtered Corn (S)Assorted Chilled fruit choiceLow fat or Fat Free Milk 7 | **Assorted Pizza**Romaine Salad w/dressing (DG)Assorted Chilled fruit choiceLow fat or Fat Free Milk 8 |
|  **Veterans Day-No School**11 | **Chicken Patty on a bun**Buttery garlic green beans(O)Assorted Chilled fruit choiceLow fat or Fat Free Milk12 | **BBQ Pork sandwich**Veg beans (BL)Sweet Potatofries (RO**)** Assorted Chilled fruit choiceLow fat or Fat Free Milk 13  |  **Turkey Gravy**Mashed Potatoes(S)Sweet potatoes(RO)Buttered Corn(S)Assorted Chilled fruit choice Low fat or Fat Free Milk 14 | **Assorted Pizza**Broccoli Florets (DG)Assorted Chilled fruit choiceLow fat or Fat Free Milk 15 |
| **Cheeseburger on a bun**Broccoli Florets (DG)Assorted Chilled fruit choiceLow fat or Fat Free Milk 18 | **Soft Beef Taco** Baked Beans (BL)Chicken noodle soupAssorted Chilled fruit choiceLow fat or Fat Free Milk 19 | **Corn Dog** Garlic Buttery green beans Potato smiles (S)Assorted Chilled fruit choiceLow fat or Fat Free Milk 20 | **Chicken Patty on a Bun**Buttered Corn (S)Assorted Chilled fruit choiceLow fat or Fat Free Milk 21 | **Supt. Conference Day** **No School****22** |
| **Tangerine Orange Chicken** Brown RiceBroccoliflorets (DG**)**Assorted Chilled fruit choiceLow fat or Fat Free Milk25 | Assorted PizzaSoft pretzelButtered corn (S)Assorted Chilled fruit choiceLow fat or Fat Free Milk26 | Thanksgiving recess27 | Thanksgiving recess28 | Thanksgiving recess29 |

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