

November 2019 Breakfast Menu

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

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| **All Students Eat Free!** |  |  |  | WG Banana Super Bread  Assorted Chilled Fruit  Choice of low fat or fat free Milk    1 |
| WG Cereal Choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  4 | Mini Bagel pack w/crm cheese  Assorted Chilled Fruit  Choice of low fat or fat free Milk  5 | Bacon egg and cheese Biscuit  Assorted Chilled Fruit  Choice of low fat or fat free Milk  6 | WG Blueberry Muffin  Assorted Chilled Fruit  Choice of low fat or fat free Milk  7 | Mini Pancake pack w/syrup  Assorted Chilled Fruit  Choice of low fat or fat free Milk  8 |
| **No School**  11 | Wg French Toast sticks  Assorted Chilled Fruit  Choice of low fat or fat free Milk  12 | Wg Cereal choice  Assorted Chilled Fruit  Choice of low fat or fat free Milk  13 | Pancake on a stick  Assorted Chilled Fruit  Choice of low fat or fat free Milk  14 | Wg Banana Super bread Assorted Chilled Fruit  Choice of low fat or fat free Milk  15 |
| Blueberry Muffin  4 oz yogurt  Assorted Chilled Fruit  Choice of low fat or fat free Milk  18 | Wg mini Waffle pack  Assorted Chilled Fruit  Choice of low fat or fat free Milk  19 | Apple Frudel  Assorted Chilled Fruit  Choice of low fat or fat free Milk  20 | Sausage egg and cheese muffin  Assorted Chilled Fruit  Choice of low fat or fat free Milk  21 | No School Supt Day  22 |
| Bagel/toppings  Assorted Chilled Fruit  Choice of low fat or fat free Milk  25 | Breakfast Burrito  Assorted Chilled Fruit  Choice of low fat or fat free Milk  26 | Thanksgiving Recess  27 | 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 fruit  choice  Low 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 Soup  Assorted Chilled fruit choice  Low fat or Fat Free Milk  5 | **Beef Hot dog on a bun**  Veg Beans  Chili  Assorted Chilled fruit choice  Low fat or Fat Free Milk  6 | Hamburger/Cheeseburger on a bun  Buttered Corn (S)  Assorted Chilled fruit choice  Low fat or Fat Free Milk  7 | **Assorted Pizza**  Romaine Salad w/dressing (DG)  Assorted Chilled fruit choice  Low fat or Fat Free Milk  8 |
| **Veterans Day-No School**  11 | **Chicken Patty on a bun**  Buttery garlic green beans(O)  Assorted Chilled fruit choice  Low fat or Fat Free Milk  12 | **BBQ Pork sandwich**  Veg beans (BL)  Sweet Potatofries (RO**)**  Assorted Chilled fruit choice  Low 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 choice  Low fat or Fat Free Milk  15 |
| **Cheeseburger on a bun**  Broccoli Florets (DG)  Assorted Chilled fruit choice  Low fat or Fat Free Milk  18 | **Soft Beef Taco**  Baked Beans (BL)  Chicken noodle soup  Assorted Chilled fruit choice  Low fat or Fat Free Milk  19 | **Corn Dog**  Garlic Buttery green beans  Potato smiles (S)  Assorted Chilled fruit choice  Low fat or Fat Free Milk  20 | **Chicken Patty on a Bun**  Buttered Corn (S)  Assorted Chilled fruit choice  Low fat or Fat Free Milk  21 | **Supt. Conference Day**  **No School**  **22** |
| **Tangerine Orange Chicken**  Brown Rice  Broccoliflorets (DG**)**  Assorted Chilled fruit choice  Low fat or Fat Free Milk  25 | Assorted Pizza  Soft pretzel  Buttered corn (S)  Assorted Chilled fruit choice  Low fat or Fat Free Milk  26 | Thanksgiving recess  27 | Thanksgiving recess  28 | Thanksgiving recess  29 |

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