

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>WG Cheese Pizza</b> Steamed broccoli Fruit Milk	<b>1</b>	<b>All Beef Hotdog on WG bun</b> Vegetarian baked beans Fruit Milk	<b>2</b>	<b>Chicken and Alfredo Sauce</b> <b>With WG Pasta</b> WG Breadstick Steamed vegetable Fruit Milk	<b>3</b>	<b>Meatballs and Gravy</b> Brown rice Steamed vegetable Fruit Milk	<b>4</b>	<b>WG Cheese Bites</b> Steamed vegetable Fruit Milk	<b>5</b>
<b>No School Teacher Prep Day</b>		<b>WG Mini Pancakes</b> <b>Cheese Omelet</b> Breakfast potatoes Fruit Milk	<b>9</b>	<b>Turkey and Cheese</b> <b>WG dinner roll</b> Steamed green beans Fruit Milk	<b>10</b>	<b>Fiestada Pizza</b> Steamed vegetable Fruit choice* Milk	<b>11</b>	<b>WG Pasta with</b> <b>Meatsauce or Marinara Sauce</b> Steamed vegetable Fruit Milk	<b>12</b>
<b>Cheeseburger on WG Bun</b> Oven baked beans Fruit Milk	<b>15</b>	<b>WG Mini Corndogs</b> Steamed vegetable Fruit Milk	<b>16</b>	<b>WG Chicken Tenders</b> Steamed vegetable WG dinner roll Fruit choice* Milk	<b>17</b>	<b>Turkey and Gravy</b> Steamed vegetable WG dinner roll Fruit Milk	<b>18</b>	<b>WG Cheese Bread</b> Marinara Sauce Fruit Milk	<b>19</b>
<b>WG French Toast Sticks</b> <b>Cheese Omelet</b> Breakfast potatoes Fruit Milk	<b>22</b>	<b>WG Macaroni and Cheese</b> <b>WG Chicken Poppers</b> Steamed vegetable Fruit Milk	<b>23</b>	<b>No School Thanksgiving Break</b>		<b>24</b>	<b>No School Thanksgiving Break</b>		<b>25</b>
<b>WG Cheese Pizza</b> Steamed broccoli Fruit Milk	<b>29</b>	<b>All Beef Hotdog on WG bun</b> Vegetarian baked beans Fruit Milk	<b>30</b>	<b>No School Thanksgiving Break</b>		<b>26</b>	<b>No School Thanksgiving Break</b>		<b>26</b>



**Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices you can enjoy. Find your healthy eating lifestyle and maintain it for a lifetime.** \*Make half of your plate fruits and vegetables \*Focus on whole fruits \*Vary your veggies \*Move to low-fat and fat-free milk or yogurt \*Vary your protein routine \*Make at least half your grains whole grains \*Drink and eat less sodium, saturated fat, and added sugars.

### Free Meals for all students

- ◆ **Free Meals** Our free meal program has been extended through the end of the school year, as provided by the United States Department of Agriculture.
- ◆ Milk is included in the price of a breakfast and lunch meal. Students who take milk only at meals will be charged \$0.50 per carton. Please know that if your child is bringing lunch from home and ordering milk they will be charged \$.50.
- ◆ Children 12-24 months are served unflavored whole milk; children 2 and up are served unflavored 1%