

# November 2016

# WJW Menu

\*WG = Whole Grain

	<p><b>1 Breakfast</b> WG Pancake Pup Or WG Cereal/WG Toast/Jelly W/Orange Sections Fruit Juice/Milk <b>Lunch</b> Beefaroni Or Egg Roll Niblet Corn Steamed Broccoli WG Breadstick (1) Pineapple Chunks WG Sugar Cookie</p>	<p><b>2 Breakfast</b> Ham Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly W/Grapes/Fruit Juice/Milk <b>Lunch</b> Chicken Strips w/WG Roll Or Hot Dog on WG Bun French Fries Green Peas Apple Sauce</p>	<p><b>3 Breakfast</b> Egg Munchie w/Toast Or WG Cereal/WG Toast/Jelly W/Apple Slices/Fruit Juice/ Milk <b>Lunch</b> WG Cheese Pizza Or Nachos w/WG Chips Baked Beans Garden Salad w/Tomatoes Banana</p>	<p><b>4 Breakfast</b> Chicken Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit W/Fruit Fruit Juice/Milk <b>Lunch</b> Hamburger on WG Bun Or WG Toasted Ham &amp; Cheese Sandwich Potato Wedges Lettuce/Tom/Dill Spears Fruit Mix w/Cool Whip</p>
<p><b>7 Breakfast</b> WG Breakfast Pizza Or WG Cereal/WG Toast/Jelly W/Fruit Cup/Apple Juice Milk <b>Lunch</b> Teriyaki Chicken Nuggets Or Hot Wings Steamed Carrots Black Eyed Peas WG Breadsticks Pear Slices</p>	<p><b>8 Breakfast</b> Pancakes w/Syrup Or WG Cereal /WG Toast W/Apple Sauce Fruit Juice/Milk <b>Lunch</b> Spaghetti Or Egg Roll Niblet Corn Garden Salad w/Tomatoes WG Breadstick (1) Pineapple Chunks WG Chocolate Chip Cookie</p>	<p><b>9 Breakfast</b> Steak Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly W/Chilled Peaches Orange Juice/Milk <b>Lunch</b> Chicken Bites w/WG Roll Or WG Corn Dog Mashed Potatoes Green Beans Apple Sauce</p>	<p><b>10 Breakfast</b> Breakfast Cup Or WG Cereal / WG Muffin W/Orange Slices Fruit Juice/Milk <b>Lunch</b> WG Pepperoni Pizza Or Mexican Fajitas (2) Baked Beans Steamed Broccoli Banana</p>	<p><b>11 Breakfast</b> Sausage Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly Fruit /Fruit Juice/Milk <b>Lunch</b> Cheeseburger on WG Bun Or Grilled Chicken Sandwich on WG Bun Potato Wedges Lettuce/Tom/Dill Spears Fruit Mix w/Cool Whip</p>
<p><b>14 Breakfast</b> Steak Biscuit (WG) Or WG Cereal/WG Biscuit/Jelly W/Mixed Fruit Cup Fruit Juice/Milk <b>Lunch</b> BBQ Sandwich on WG Bun Or Hot Wings w/WG Breadsticks Baked Potato Black Eyed Peas Pear Slices</p>	<p><b>15 Breakfast</b> WG Pancake Pup Or WG Cereal/WG Toast/Jelly W/Orange Sections Fruit Juice/Milk <b>Lunch</b> Beefaroni Or Egg Roll Niblet Corn Steamed Broccoli WG Breadstick (1) Pineapple Chunks WG Sugar Cookie</p>	<p><b>16 Breakfast</b> Ham Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly W/Grapes/Fruit Juice/Milk <b>Thanksgiving Lunch</b> Turkey/Dressing Or Chicken Strips Yam Patties Green Beans Krystal Bun Peach Cups</p>	<p><b>17 Breakfast</b> Egg Munchie w/Toast Or WG Cereal/WG Toast/Jelly W/Apple Slices/Fruit Juice/ Milk <b>Lunch</b> WG Cheese Pizza Or Nachos w/WG Chips Baked Beans Garden Salad w/Tomatoes Banana</p>	<p><b>18 Breakfast</b> Chicken Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit W/Fruit Fruit Juice/Milk <b>Lunch</b> Hamburger on WG Bun Or Tuna Salad w/Crackers Potato Wedges Lettuce/Tom/Dill Spears Fruit Mix w/Cool Whip</p>
21	22	23	24	25
<div style="border: 2px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <h2 style="font-family: cursive;">Thanksgiving Holidays</h2> </div>				
<p><b>28 Breakfast</b> WG Breakfast Pizza Or WG Cereal/WG Toast/Jelly W/Fruit Cup/Apple Juice Milk <b>Lunch</b> Teriyaki Chicken Nuggets Or Hot Wings Steamed Carrots Black Eyed Peas WG Breadsticks Pear Slices</p>	<p><b>29 Breakfast</b> Pancakes w/Syrup Cheese Stick Or WG Cereal /WG Toast W/Apple Sauce Fruit Juice/Milk <b>Lunch</b> Spaghetti Or Egg Roll Niblet Corn Garden Salad w/Tomatoes WG Breadstick (1) Pineapple Chunks WG Chocolate Chip Cookie</p>	<p><b>30 Breakfast</b> Steak Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly W/Chilled Peaches Orange Juice/Milk <b>Lunch</b> Oven Roasted Chicken w/WG Roll Or WG Corn Dog Mashed Potatoes Green Beans Apple Sauce</p>	<p><b>Dec. 1 Breakfast</b> Breakfast Cup Or WG Cereal / WG Muffin W/Orange Slices Fruit Juice/Milk <b>Lunch</b> WG Pepperoni Pizza Or Nachos w/WG Chips Baked Beans Steamed Broccoli Banana</p>	<p><b>Dec. 2 Breakfast</b> Sausage Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly Fruit /Fruit Juice/Milk <b>Lunch</b> Cheeseburger on WG Bun Or Grilled Chicken Sandwich on WG Bun Potato Wedges Lettuce/Tom/Dill Spears Fruit Mix w/Cool Whip</p>