



# Nutrition & Wellness News Nov.23,2022

## Breakfast Menu - served 7:45-8:05 a.m.



Nov 28-Dec 01	Monday	Tuesday	Wednesday	Thursday
Choice 1	Bagel	Breakfast Burrito 	Waffle & Sausage 	Breakfast Pizza Contains Pork
Choice 2	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Pizza
Choice 3	String Cheese	Yogurt	Hardboiled Eggs	String Cheese
Sides	Carrots, Apples Applesauce Cup	Carrots, Apples Fruit Cup	Carrots, Apples Strawberry Cup	Carrots, Apples Fruit Cocktail Cup

## Lunch Menu

Nov 28-Dec 01	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	 <u>Cheese Quesadilla</u> Local Whole Wheat Tortilla filled with Melted Cheese Tomato Soup	<u>Pork Carnitas Taco</u> Pork Carnitas on Hard Shell Taco	<u>Orange Chicken and Rice</u> Delicious Breaded Chicken on a Spicy Orange Sauce and Brown Rice	<u>Fall Pancakes</u> Whole Wheat Pancakes with Pumpkin Sauce And Sausage 
Cold Choice	 <u>Peanut Butter &amp; Jelly Sand</u> Whole Wheat Bread with Peanut Butter and Grape Jelly	 <u>Nacho Fun Box</u> Tortilla Chips, Cheese Sauce, & Salsa	 <u>Fun Box</u> Yogurt, String Cheese & Gold Fish Crackers	<u>Chicken Caesar Salad</u> Caesar Chicken on Romaine Lettuce with Parmesan Cheese

## Salad Bar

Variety of Salad, Vegetables, Fruits, Protein and Toppings

## Fresh Fruit & Vegetable Program (FFVP)

FFVP	Fresh Pears	 French Breakfast Radishes Pinnacle Farms, Phoenix	Black Seedless Grapes	Watermelon
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This institution is an equal opportunities provider. Menu subject to change without prior notice.

Choice of 1% or fat-free milk offered with every meal.

# Mix it Up

WITH THE NATIONAL SCHOOL LUNCH PROGRAM



Available to all students at no charge



LEARN MORE

This institution is an equal opportunity provider.

**FRESH**  
FRUIT & VEGETABLE  
**PROGRAM**

