

November

Monongalia County Schools



2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mac & Cheese Oct 31 Spin.Salad; Fruit Cocktail Witch's Brew (Sherbet) Milk – 8 oz Serving	Deep Dish Pizza 1 Steamed Broccoli & Cali Apple Crisp Milk – 8 oz Serving	Grilled Cheese 2 Tomato Soup; Plum Br. Sprouts w/ Bacon Milk – 8 oz Serving	Chicken & Waffles 3 Potato Smiles Cole Slaw, Apple Slices Milk – 8 oz Serving	Grilled Chicken Burrito 4 Fiesta Black Beans Salsa; Grapes Milk – 8 oz Serving	5
6	BBQ Chicken 7 Corn Bread; Carrots Red Potatoes; Fresh Pear Milk – 8 oz Serving	 8	Lasagna Roll 9 Breadstick; Cantaloupe Garden Salad w/ Dressing Milk – 8 oz Serving	Pepperoni Calzone 10 Fresh Brocc.; Ranch Cup Veg. Juice Box; Applesauce Milk – 8 oz Serving	 11	12
13	Chicken Sandwich 14 Roasted Potatoes Baked Beans; Fruit Cocktail Milk – 8 oz Serving	Sw. Chili Chicken Wrap 15 Cucumber Slices Apples Slices; Fruit Bar Milk – 8 oz Serving	Sloppy Joe 16 Baked Potato; Ranch Cup Fresh Carrots; Grapes Milk – 8 oz Serving	Turkey w/ baked Roll 17 Mashed Pot.; Cran. Salad Green Beans Milk – 8 oz Serving	WV Pulled Pork 18 Corn & Kidney Beans Apple Pie Smoothie Milk – 8 oz Serving	19
20	No School 21	No School 22	No School 23	 24	No School 25	26
27	General Tso's Chicken 28 Rice; Stir Fry Vegetables Mand. Oranges; Cookie Milk – 8 oz Serving	Breakfast 4 Lunch 29 Biscuits & Gravy; Peppers Hash Brown; Peach Cup Milk – 8 oz Serving	Chick Bacon Ranch Sub 30 Steamed Brocc.; Juice Box Steamed Carrots Milk – 8 oz Serving	School Baked Pizza Dec.1 Kale Salad w/ Dressing Apple Slices w/Dip Milk – 8 oz Serving	Mini Corn Dogs 2 Tater Tots; Fresh Apple Celery w/ Ranch Cup Milk – 8 oz Serving	

Submit Free/Reduced Applications and PAST DUE meal payments by credit card/debit card at: <https://www.schoolcafe.com> * All Menu Items are subject to change due to availability.