



NRWHS

NOVEMBER

BREAKFAST & LUNCH

NOV 2-6

NOV 9-13

NOV 16-20

NOV 23-27

MONDAY

**B: ASSORTED BAGEL
WITH CREAM CHEESE
OR PEANUT BUTTER**

**L: BRUNCH FRENCH
TOAST WITH
SAUSAGE & WAFFLE
FRIES
BAKED BEANS**

**B: BAKE CRAFTERS
JUMBO MUFFINS**

**L: RICH CHICKS SPICY
OR ORIGINAL
CHICKEN PATTY ON A
WG BUN
WAFFLE FRIES**

**B: ASSORTED FRUIT
FILLED FRUELS**

**L: CHINESE CHICKEN
& WG VEGETABLE
FRIED RICE
STEAMED BROCCOLI**

**B: ASSORTED SUPER
BAKERY FRUIT
BREAD**

**L: BRUNCH FRENCH
TOAST WITH
SAUSAGE & TATER
TOTS**

TUESDAY

**B: FRESH BAKED WG
CINNAMON ROLLS**

**L: BUFFALO CHICKEN
DIP WITH TOSTITOS
CARROT & CELERY
STICKS
CAHOON FARMS
APPLESAUCE CUPS**

**B: ASSORTED
SNACK'N WAFFLES**

**L: TONY'S FIESTADA
ROASTED FIESTA
CORN
CAHOON FARMS
APPLESAUCE CUP**

**B: BACON SCRAMBLE
BREAKFAST PIZZA**

**L: NYS BEEF
WALKING TACO
PINTO BEANS
APPLE CHURROS
CAHOON FARMS
APPLESAUCE CUP**

**B: FRESH BAKED WG
CINNAMON ROLLS**

**L: SLICED TURKEY &
GRAVY
CORN, MASHED
POTATOES &
STUFFING
CAHOON FARMS
APPLESAUCE CUP**

WEDNESDAY

**B: ASSORTED MINI
DONUTS**

**L: BAKED ZITI WITH
NYS BEEF MEAT
SAUCE
STEAMED BROCCOLI**

**NO SCHOOL
VETERANS DAY**

**B: DEWAFFELBAKKER
MINI PANCAKES**

**L: BOSCO'S CHEESE
FILLED BREADSTICKS
WITH MARINARA
SAUCE
STEAMED GREEN
BEANS**

**NO SCHOOL
THANKSGIVING
RECESS**

THURSDAY

**B: EGG & CHEESE ON
A WG ENGLISH
MUFFIN**

**L: CHICKEN RAMEN
BOWL
CAHOON FARMS
JUICE**

**B: MAPLE TURKEY
PANCAKE SAUSAGE
WRAP**

**L: BUFFALO CHICKEN
OR CHEESE PIZZA
CARROTS & CELERY
STICKS WITH NYS
RANCH
CAHOON FARMS JUICE**

**B: CHEDDAR
OMELETS**

**L: CRISPY POPCORN
CHICKEN BOWL
CORN
MASHED POTATOES
CAHOON FARMS
JUICE**

**NO SCHOOL
THANKSGIVING
RECESS**

FRIDAY

**B: BLUEBERRY
BANANA SMOOTHIES**

**L: CHEESE OR
PEPPERONI PIZZA
STEAMED CARROTS**

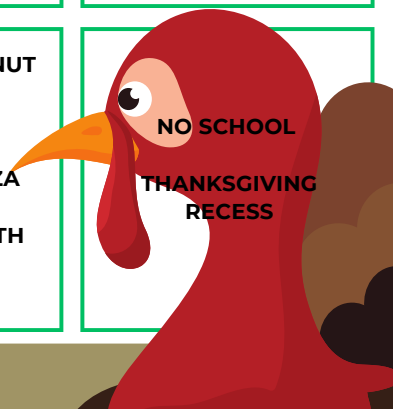
**B: APPLE BANANA
PEANUT BUTTER
SMOOTHIE**

**L: NATIONAL CHICKEN
NUGGET DAY
BAKED BEANS
ROASTED POTATOES
SOUTHERN STYLE
BISCUIT**

**B: ASSORTED DONUT
HOLES**

**L: CHEESE OR
PEPPERONI PIZZA
ASSORTED
VEGETABLES WITH
NYS RANCH**

**NO SCHOOL
THANKSGIVING
RECESS**



COMMUNITY ELIGIBILITY PROVISION & PURCHASES

Each student can receive one breakfast and one lunch per day at no cost under the Community Eligibility Provision. Additional meals and a la carte snacks and beverages are available for purchase.

PAYMENT METHODS

There are three ways to pay for cafeteria purchases:

- Send in a check (preferred) or cash with your child to pay in advance. Please label all envelopes, and if paying by check, make checks payable to NRW Food Service Dept. Please put your child's name on the check.
- Cash is always accepted daily at the register.
- Pay online at MySchoolBucks.com. (MySchoolBucks charges a 4% fee per deposit transaction.)

BREAKFAST OPTIONS

A variety of 2 oz. WG cereal cups & WG poptarts are available daily in addition to our featured breakfast of the day listed on the menu.

DAILY LUNCH ENTREE OPTIONS

Peanut Butter & Jelly Pack

Fruit & Yogurt Parfait

Assorted Deli Wraps & Salads

** each of these are served with assorted fresh fruits and vegetables as well as the main hot daily special

MILK OPTIONS

We offer both low fat milk & low fat chocolate milk during breakfast and lunch service

FRESH FRUITS & VEGETABLES

Breakfast & lunch include fresh assorted fruits & vegetables daily for students to select to complete their meal.

CONTACT US

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