



NOVEMBER

BREAKFAST & LUNCH

MONDAY

NOV 2-6

**B: ASSORTED SUPER
BAKERY FRUIT
BREAD**

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

NOV 9-13

**B: BAKE CRAFTERS
JUMBO MUFFINS**

**L: MACARONI &
CHEESE
STEAMED BROCCOLI**

NOV 16-20

**B: ASSORTED SUPER
BAKERY FRUIT
BREADS**

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

NOV 23-27

**B: BAKE CRAFTERS
JUMBO MUFFINS**

**L: WG GRILLED
CHEESE WITH
TOMATO SOUP**

TUESDAY

**B: BACON SCRAMBLE
BREAKFAST PIZZA**

**L: NYS BEEF
WALKING TACO
PINTO BEANS
CAHOON FARMS
APPLESAUCE CUPS**

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

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

**B: WHITE WG BAGEL
WITH CREAM CHEESE
OR PEANUT BUTTER**

**L: NYS BEEF
WALKING TACO
STEAMED CORN
CAHOON FARMS
APPLESAUCE CUP**

**B: BACON SCRAMBLE
BREAKFAST PIZZA**

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

WEDNESDAY

**B: ASSORTED
SNACK'N WAFFLES**

**L: BREADED
MOZZARELLA STICKS
WITH MARINARA
SAUCE
STEAMED BROCCOLI**

**NO SCHOOL
VETERANS DAY**

B: SNACK'N WAFFLES

**L: BREADED
MOZZARELLA STICKS
WITH MARINARA
SAUCE
STEAMED PEAS**

NO SCHOOL

**THANKSGIVING
RECESS**

THURSDAY

**B: MAPLE TURKEY
SAUSAGE PANCAKE
WRAP**

**L: HAMBURGER OR
CHEESEBURGER ON A
WG BUN
CRINKLE CUT FRIES
CAHOON FARMS
JUICE**

**B: ASSORTED DONUT
HOLES**

**L: CHEESE OR
PEPPERONI PIZZA
CARROT & CELERY
STICKS WITH NYS
RANCH
CAHOON FARMS
JUICE**

**B: ASSORTED FRUIT
FILLED FRUELS**

**L: HAMBURGER OR
CHEESEBURGER ON A
WG BUN
BAKED BEANS
CAHOON FARMS
JUICE**

NO SCHOOL

**THANKSGIVING
RECESS**

FRIDAY

B: MINI DONUTS

**L: CHEESE OR
PEPPERONI PIZZA
STEAMED GREEN
BEANS
CARROT & CELERY
STICKS WITH NYS
RANCH**

**B: CHOCOLATE
BANANA SMOOTHIE**

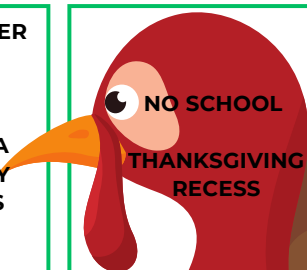
**L: NATIONAL
CHICKEN NUGGET
DAY
BAKED BEANS
COLE SLAW**

**B: DEWAFFELBAKKER
MINI PANCAKES**

**L: CHEESE OR
PEPPERONI PIZZA
CARROT & CELERY
STICKS 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. whole grain cereal cups are available daily in addition to our featured breakfast of the day listed on the menu.

DAILY LUNCH ENTREE OPTIONS

Peanut Butter & Jelly Pack
Yogurt Bento Box
Deli Bento Box

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

FRESH FRUITS & VEGETABLES

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

MILK OPTIONS

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

CONTACT US

Rita Lopez, Food Service Director
rlopez@nrwcs.org
(315) 594-3141 x4105