MIDDLE SCHOOL — NOVEMBER

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Entrée	Breakfast Entrée	Breakfast Entrée	Breakfast Entrée	Breakfast Entrée
Grab n Go Waffle	Grab N Go Pancakes	Chicken on a Biscuit	Breakfast Pizza Bagel	Assorted Donuts
WITH SYRUP				FALL FLAVORS

Choose 2 of the following Daily Breakfast Alternatives

Assorted Cereal, Mini Loaves, Assorted WG Muffin, Cheese Stick, WG crackers, Poptart (limit 1), Yogurt (limit 1)

Apple Cider Donuts, Pumpkin Donut Stars, Powdered Donut Holes

take time for school BREAKFAST

Daily Breakfast consist of 1 Main Entrée with fruit and or juice and milk OR Daily Breakfast Alternative "Choose 2" WITH 1/2 C fruit and/or juice and milk to make a complete meal

MAIN ENTREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/2/2026	11/3/2026	11/4/2026	11/5/2026	11/6/2026
NO SCHOOL	Hot dog on WG Bun Bag of Baked Lays OR Daily alternative Vegetable of the day Baked Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	Cheeseburgers on WG Bun OR Daily alternative Vegetable of the day Potato Wedges Fresh Vegetable Choice Assorted Fruit Choice of Milk	General Tso Chicken w/ WG Rice OR Daily alternative Vegetable of the day Corn Fresh Vegetable Choice Assorted Fruit Choice of Milk	Three Cheese Flatbread on WG Flatbread w/ Mar OR Daily alternative Vegetable of the day Steamed Carrots Fresh Vegetable Choice Assorted Fruit Choice of Milk
11/9/2026	11/10/2026	11/11/2026	11/12/2026	11/13/2026
NO SCHOOL	Pizza Crunchers (4) w/ Marinara OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	WG French Toast Sticks (4) w/ Sausage Patty (2) OR Daily alternative Vegetable of the day Hashbrowns (2) Fresh Vegetable Choice Assorted Fruit Choice of Milk	Beef Nachos on WG Chips w/ Cheese Sauce, Sourcream/Salsa OR Daily alternative Vegetable of the day Black Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	Galaxy Pizza OR Daily alternative Vegetable of the day Steamed Carrots Fresh Vegetable Choice Assorted Fruit Choice of Milk
11/16/2026	11/17/2026	11/18/2026	11/19/2026	11/20/2026
Mini Ravioli (10) Bake w/ Mozzarella w/ WG Roll OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Highlands Hoagie on WG Hoagie Bun OR Daily alternative Vegetable of the day Baked Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Cheeseburger on WG Bun OR Daily alternative Vegetable of the day French Fries Fresh Vegetable Choices Assorted Fruit Choice of Milk	TURKEY FEAST Roasted Turkey w/ Stuffing & Gravy Daily Alternative: PB&J ONLY Vegetable of the day Mashed Potatoes/Corn Dessert Apple Crisp w/ Whipped Topping Choice of Milk	Stuffed Crust Pizza w/ Marinara OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk
11/23/2026	11/24/2026	11/25/2026	11/26/2026	11/27/2026
House Made Mac & Cheese w/ WG Roll OR Daily alternative Vegetable of the day Garlic Romano Tomatoes Fresh Vegetable Choice Assorted Fruit Choice of Milk	Spicy Chicken Patty on WG Bun OR Daily alternative Vegetable of the day Baked Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	 HAPPY THANKSGIVING BREAK!		
11/30/2026	12/1/2026	12/2/2026	12/3/2026	12/4/2026
NO SCHOOL	Grilled Chicken Sandwich on WG Bun OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Melted Cheese Pretzel Bun OR Daily alternative Vegetable of the day Baked Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Fajita Chicken Wrap House made OR Daily alternative Vegetable of the day Steamed Corn Fresh Vegetable Choices Assorted Fruit Choice of Milk	Pizza Rolls (8) w/ Marinara OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Vampire Potion

DAILY LUNCH ALTERNATIVES

CHEF OR VEGETABLE SALAD
PIZZA - CHEESE OR PEPPERONI
M-F WG CHICKEN PATTY ON WG BUN
T, TH SMUCKERS PEANUT BUTTER & JELLY OR WOW BUTTER

NEW YOGURT PARFAIT
CARAMEL APPLE - CINNAMON GRANOLA W/ CINNAMON MAPLE APPLES, CARMEL DRIZZLE WHIPPED TOPPING W/ VANILLA YOGURT

What is a Meal?
Students must choose at least 3/5 components available. A minimum of 1/2 cup serving of fruit AND/OR a minimum of 1/2 cup of vegetable must accompany a reimbursable lunch.

Meat or Meat alternative
Grain/Bread
Choice of Vegetable
Choice of Fruit
Choice of Milk: 1% white, FF white, FF chocolate, FF vanilla

**STUDENTS MAY TAKE UP TO 1 CUP FRUIT AND 1 CUP VEGETABLE BUT MUST CHOOSE MINIMALLY 1/2 CUP OF FRUIT OR VEGETABLE

Weekly Vegetable Subgroups May Include:
Dark Green: Spinach, broccoli, romaine, and spring salad
Red/Orange: Carrots, Sweet Potatoes, tomatoes and red peppers
Legumes: Beans
Starchy: Potatoes, corn, peas, lima beans
Other Vegetables: Celery, Cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

OFFER VS SERVE

ALA CARTE PRICE FOR MILK $.65 **A STUDENT CAN TAKE A MILK FOR FREE IF ACCOMPANIED BY 2 OTHER COMPONENTS AND 1 BEING AT LEAST A 1/2 C FRUIT OR VEGETABLE**

Food Service Director: Stacey Waffensmith
Food Service Secretary: Marnie Kosmal

Adult Pricing:
$5.05- Lunch
$3.05 -Breakfast
Students:
LUNCH- FREE
BREAKFAST- FREE

PART TIME CAFETERIA POSITIONS ARE CURRENTLY AVAILABLE! SEE WEBSITE OR CONTACT THE FOOD SERVICE DEPARTMENT FOR DETAILS
724-226-2400 xt. 4180

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