FMSD November Menu

Monday 11/2	Tuesday 11/3	Wednesday 11/4	Thursday 11/5	Friday 11/6
Breakfast WG Cinnamon Bun WG Breakfast Pizza	Breakfast Low Fat Yogurt Parfait WG Pancake Turkey Sausage Wrap	Breakfast WG Fresh Muffin WG Waffles	Breakfast Scrambled Eggs with Tater Tots WG Pancake	Breakfast WG Turkey Sausage Breakfast Sandwich WG French Toast Sticks
WG Bagel with Cream Cheese and WG Assorted Cereal with Graham Cracker offered daily at Breakfast				
Lunch WG Chicken Nuggets WG Cheese Stuffed Breadsticks (V) Chicken Caesar Salad with WG Roll WG Turkey & Cheese Sandwich	Lunch Beef Tacos WG Bean and Cheese Burrito (V) Asian Chicken Salad with WG Roll WG Turkeyham & Cheese Sandwich	Lunch Chicken Adobo with Brown Rice WG Grilled Cheese Sandwich (V) Chef's Sald with WG Roll WG Turkey Bacon, Turkeyham & Cheese Sandwich	Lunch WG Plain or Spicy Chicken Burger Green Chili Cheese Tamale (V) Beef Taco Salad WG Chicken Salad Sandwich	Lunch WG Turkey Taco Nada WG Pepperoni or Cheese Pizza WG Crispy Chicken Salad with WG Roll WG Peanutbutter/Sunbutter & Jelly Sandwich with String Cheese
Monday 11/9	**Tuesday 11/10**	**Wednesday 11/11**	**Thursday 11/12**	**Friday 11/13**
Breakfast WG Cinnamon Bun WG Breakfast Pizza	Breakfast Low Fat Yogurt Parfait WG Pancake Turkey Sausage Wrap		Breakfast Scrambled Eggs with Tater Tots WG Pancake	Breakfast WG Turkey Sausage Breakfast Sandwich WG French Toast Sticks
WG Bagel with Cream Cheese and WG Assorted Cereal with Graham Cracker offered daily at Breakfast				
Lunch Teriyaki Beef Dippers with Brown Rice Bean and Cheese Pupusa (V) Chicken Caesar Salad with WG Roll WG Turkey & Cheese Sandwich	Lunch Beef Tacos WG Bean and Cheese Burrito (V) Asian Chicken Salad with WG Roll WG Turkeyham & Cheese Sandwich		Lunch WG Chicken Corn Dog WG Cheese Stuffed Breadstick (V) Beef Taco Salad WG Chicken Salad Sandwich	Lunch Cheese Nachos WG Ham & Pineapple Pizza WG Crispy Chicken Salad with WG Roll WG Peanutbutter/Sunbutter & Jelly Sandwich with String Cheese
Legend: WG means Whole Grain and V means Vegetarian				

Fresh Fruit and Vegetables Offered Daily!

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This institution is an equal opportunity provider.

Monday 11/16	Tuesday 11/17	Wednesday 11/18	Thursday 11/19	Friday 11/20
Breakfast WG Cinnamon Bun WG Breakfast Pizza	Breakfast Low Fat Yogurt Parfait WG Pancake Turkey Sausage Wrap	Breakfast WG Fresh Muffin WG Waffles	Breakfast Scrambled Eggs with Tater Tots WG Pancake	Breakfast WG Turkey Sausage Breakfast Sandwich WG French Toast Sticks
WG Bagel with Cream Cheese and WG Assorted Cereal with Graham Cracker offered daily at Breakfast				
Lunch WG Chicken Nuggets WG Cheese Stuffed Breadsticks (V) Chicken Caesar Salad with WG Roll WG Turkey & Cheese Sandwich	Lunch Beef Tacos WG Bean and Cheese Burrito (V) Asian Chicken Salad with WG Roll WG Turkeyham & Cheese Sandwich	Lunch Chicken Pozole with Tortilla Chips WG Grilled Cheese Sandwich (V) Chef's Sald with WG Roll	Lunch WG Plain or Spicy Chicken Burger Green Chili Cheese Tamale (V) Beef Taco Salad WG Chicken Salad Sandwich	Lunch WG Cheese Pizza WG Pepperoni Pizza WG Peanutbutter/Sunbutter & Jelly Sandwich with String Cheese
Monday 11/23	**Tuesday 11/24**	**Wednesday 11/25**	**Thursday 11/26**	**Friday 11/27**
NO SCHOOL				
Monday 11/30				
Breakfast WG Cinnamon Bun WG Breakfast Pizza				
WG Bagel with Cream Cheese and WG Assorted Cereal with Graham Cracker offered daily at Breakfast				
Lunch WG Chicken Nuggets WG Cheese Stuffed Breadsticks (V) Chicken Caesar Salad with WG Roll WG Turkey & Cheese Sandwich				
Legend: WG means Whole Grain and V means Vegetarian				

Fresh Fruit and Vegetables Offered Daily!

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