North Rose-Wolcott Middle School

DECEMBER
BREAKFAST & LUNCH

	NOV 30-DEC 4	DEC 7-11	DEC 14-18	DEC 21-25
MONDAY	B: ASSORTED JUMBO MUFFINS L: GRILLED CHEESE WITH TOMATO SOUP	B: ASSORTED FRUIT BREAD L: BRUNCH FOR LUNCH FRENCH TOAST WITH SAUSAGE TATER TOTS	B: ASSORTED JUMBO MUFFINS L: CHINESE CHICKEN WITH WG VEGETABLE FRIED RICE STEAMED BROCCOLI	B: ASSORTED FRUIT BREAD L: MACARONI & CHEESE WITH A DINNER ROLL STEAMED BROCCOLI
TUESDAY	B: EGG & CHEESE ON A ENGLISH MUFFIN L: TONY'S FIESTADA STEAMED GREEN BEANS CAHOON FARMS JUICE CUPS	B: ASSORTED DONUT HOLES L: NYS BEEF SOFT TACOS PINTO BEANS CAHOON FARMS JUICE CUPS	B: ASSORTED MINI DONUTS L: NYS BEEF WALKING TACO IN A BAG CORN CAHOON FARMS JUICE CUPS	B: MINI STRAWBERRY CREAM CHEESE BAGELS L: TONYS FIESTADA PINTO BEANS CAHOON FARMS JUICE CUPS
WEDNESDAY	B: DEWAFFELBAKKER MINI PANCAKES L: CRISPY POPCORN CHICKEN BOWL STEAMED CORN MASHED POTATOES & GRAVY	B: ASSORTED SNACK'N WAFFLES L: BOSCO CHEESE FILLED BREADSTICKS WITH MARINARA SAUCE STEAMED GREEN BEANS	B: DEWAFFELBAKKER MINI PANCAKES L: BREADED MOZZARELLA STICKS WITH MARINARA SAUCE GREEN BEANS	B: ASSORTED SNACK'N WAFFLES L: CHEESE OR BUFFALO CHICKEN PIZZA STEAMED CORN
THURSDAY	B: BLUEBERRY MAPLE BAKED FRENCH TOAST L: ORIGINAL OR SPICY CHICKEN PATTY ON A WG BUN BAKED BEANS CAHOON FARMS APPLESAUCE CUPS	B: BACON SCRAMBLE BREAKFAST PIZZA L: BONELESS WINGS WAFFLE FRIES CAHOON FARMS APPLESAUCE CUPS	B: NATURE VALLEY SOFT OATMEAL ROUNDS L: HAMBURGER OR CHEESEBURGER ON A BUN BAKED BEANS TATER TOTS CAHOON FARMS APPLESAUCE CUPS	WINTER HOLIDAY RECESS NO SCHOOL
FRIDAY	B: BREAKFAST YOGURT BAR L: CHEESE OR PEPPERONI PIZZA CARROT & CELERY STICKS WITH NYS RANCH	B: ASSORTED SMOOTHIES L: CHEESE OR BUFFALO CHICKEN PIZZA CARROT & CELERY STICKS WITH NYS RANCH	B: BAGEL WITH CREAM CHEESE OR PEANUT BUTTER L: CHEESE PIZZA OR PEPPERONI PIZZA STEAMED CARROTS	WINTER HOLIDAY RECESS NO SCHOOL









DAILY LUNCH ENTREE OPTIONS

Peanut Butter & Jelly Pack
Fruit & Yogurt Bento Box
Assorted Deli Wraps & Salads
** each of these are served with assorted fresh fruits and vegetables as well as the main hot daily special

BREAKFAST OPTIONS

A variety of 2 oz. whole grain cereal cups, WG PopTarts are available daily in addition to our featured breakfast of the day listed on the menu.

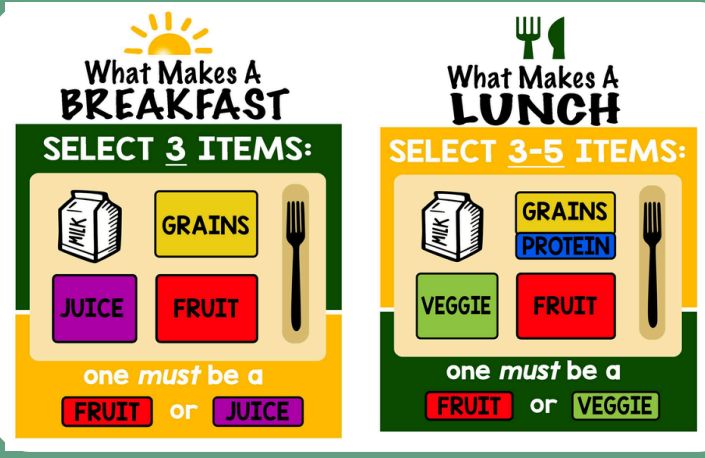
MILK OPTIONS

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

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.



CAFETERIA FUN FACTS

It is no secret that vegetables and fruits are important components of a healthy diet. Vegetables and fruits are found in a variety of colors, each of which provides different nutrients. To help students gain all of the nutritional benefits of vegetables and fruits, school lunches are required to provide a specific variety of produce each week. We offer up to 5 options for fruits and vegetables daily.

We wish you a Happy Holiday and a Wonderful New Year!

From the Desk of:
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