

2016

# November

Wyoming Valley West School District

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<b>1</b> Fish Sticks w/ Mac & Cheese Cheeseburger Green Beans, pepper strips. Orange, 100% Fruit Juice	<b>2</b> Chicken Pot Pie Grilled Cheese Sweet potato fries, zucchini, Orange, Strawberry Cups	<b>3</b> Vegetarian Bean Chili Chicken Nuggets Pinto Beans, Celery Sticks, Orange, 100% Fruit Juice	<b>4</b> Cheese Pizza Hot Dog Spinach, Baby Carrots, Orange, Strawberry Cups	<p><b><u>Weekly Salad &amp; Sandwich</u></b></p> <p><b><u>Nov. 1<sup>st</sup> – 4<sup>th</sup></u></b> Beef Taco Salad Tuna Salad Sub</p> <p><b><u>Nov. 7<sup>th</sup> – 11<sup>th</sup></u></b> Baja Vegetable Salad Ham &amp; Cheese Sandwich</p> <p><b><u>Nov. 14<sup>th</sup> – 18<sup>th</sup></u></b> Chicken Caesar Salad Turkey Swiss Wrap</p> <p><b><u>Nov. 21<sup>st</sup> – 25<sup>th</sup></u></b> Fruit Plate Italian Wrap</p> <p><b><u>Nov. 28<sup>th</sup> - 30<sup>th</sup></u></b> Chef Salad Buffalo Chicken Wrap</p> <p><b><u>Fruit Juice Available Tuesday and Thursdays</u></b></p> <p><b>Orange, Apple, Fruit Punch, &amp; Grape</b></p>
<b>7</b> Chicken Drumsticks Chicken Patty Sandwich Mashed Potatoes, Broccoli, Orange, Diced Peaches	<b>8</b> Pasta with Meat Sauce Hot Dog Green Beans, Pepper Strips, Fruit Juice, Diced Peaches	<b>9</b> Chicken Nuggets Grilled Cheese Sweet Potato Tater tots, Orange, Diced Peaches	<b>10</b> Chicken Pizza Quesadilla Cheeseburger Baked vegetarian Beans, Celery Sticks, Orange, 100% Fruit	<b>11</b> <b>NO SCHOOL</b>	
<b>14</b> Meatloaf and Gravy with a roll Chicken Patty Sandwich French Fries, Cherry Tomatoes,	<b>15</b> Popcorn Chicken Bowl Grilled Cheese Vegetable Blend, Sliced Cucumbers, Apple, 100% Fruit Juice	<b>16</b> Cheesy Penne Cheese Burger Sweet Potatoes, Celery Sticks, Apple, Blueberries	<b>17</b> Chicken Soft Tacos Hot Dog Campfire Beans, Fresh Baby Carrots, Blueberries, 100% Fruit Juice	<b>18</b> Pasta with Meat Sauce Hot Dog Green Beans, Pepper Strips, Fruit Juice, Diced Peaches	
<b>21</b> Pizza Sticks Hamburger Sweet corn, Fresh Broccoli, Banana, Fruit Mix	<b>22</b> Salisbury Steak with Egg noodles and Gravy BBQ Rib Sandwich Green Beans, Pepper Strips, Banana, 100% Fruit Juice	<b>23</b> General Tsos Chicken with Vegetables Chicken Nuggets Sweet Potato Tater Tots, Zucchini Banana, Fruit Mix	<b>24</b> <b>NO SCHOOL</b>	<b>25</b> <b>NO SCHOOL</b>	
<b>28</b> <b>NO SCHOOL</b>	<b>29</b> Country Chicken Nugget Bowl Chicken Cheesesteak Sub Sliced Carrots, Fresh Cucumbers, Plums,	<b>30</b> French Toast and Sausage Chicken Nuggets Campfire Beans, Celery Sticks, Plums, Apple Sauce	Consuming Raw or Undercooked food may cause foodborne illness	Paid: \$2.25 Reduced: \$.40	

## Wyoming Valley West School District



**Take 3 of 5 Components:** Protein, Bread/Grain, Fruit, Vegetable and Milk. You **MUST** take a **FRUIT** or a **VEGETABLE** and 2 other components to make a meal. You can also take all 5 Components!  
**Milk:** 1% White, Non-Fat White, or Non-Fat Chocolate

Menus are subject to change without notice.

