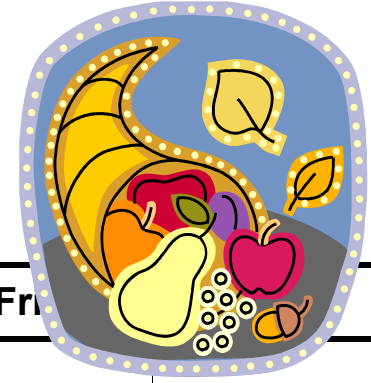




November 2014

Washington & Middle School



		Tue	Wed	Thu	Fri	
2	Chicken Patty WG Hamburger Bun WG Sweet Potato Criss Cuts Apple Slices Ketchup	4 Chili Crackers Peaches Celery Sticks Cinnamon Rolls	5 Breaded Pork Steak Hamburger Bun WG Corn Banana Ketchup	6 Chicken Strips Mashed Potato/Gravy Green Beans Pears Bread & Butter	7 Taco in A Bag Romaine Lettuce Tomato/Carrots Pineapple Chunks Gold Fish	8
9	10 Hot Pockets Cheese Stick Salad /Romaine Mixed Fruit	11 Popcorn Chicken Mashed Potatoes Chicken Gravy Broccoli/Peaches Bread & Butter	12 Corn Dog Baked Beans Carrots/Apple Bread & Butter	13 Tony's Pizza Green Beans Carrots/Celery Apple Gold Fish	14 Cook's Choice	15
16	19 Hamburgers Buns Sweet Potato Criss Cuts/Celery Sticks Banana	18 Spaghetti Meat Sauce Green Beans Peaches Garlic Toast	19 Hot Dog Buns WG Baked Beans Oranges Teddy Grahams	20 Thanksgiving Dinner	21 Taco in a Bag Corn/Carrots Pineapple Cookie	22
23	24 Grilled Chicken Hamburger Bun WG Potato Wedges Carrot/Broccoli Pears	25 BBQ Pork Hamburger Bun Baked Beans/Pickle Peaches Chocolate Chip Cookie	26 Cook's Choice	27 No School	28 No School	29
30					Based on a Calorie Count Washington 550-650 Middle School 600-700	Subject to Changes Milk Daily Offer

