

- 2023 -

NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THE WATERFORD COUNTRY SCHOOL

Breakfast Daily

WG Muffin, WG Cinnamon Roll, WG Bagel, Various WG Choices, 100 % Juice, Fruit, Milk

Alternative Lunch Options:

PB & Jelly or Fluff w/ Cheese Stick, Veggies, Fruit & Milk

Yogurt w/ Cheese Stick, Fruit, Veggies, Roll & Milk

Salad Bar w/ Choice of Proteins, Rolls, Fruit & Milk

We Use Fresh Local

Produce & Milk Whenever Possible

Common Allergens that may be present in menu items: Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, Sesame

6 Sweet & Sour Chicken
Steamed Rice
Roasted Edamame
Steamed Broccoli
Fruit Cup
Choice of Milk

7 Quesadilla Cheese or Veggie
Hummus w/
Carrot Sticks
Roasted Veggies
Fresh Fruit
Choice of Milk

13 Chicken Tenders w/ Sauce
Mashed Potato
Steamed Carrots
WG Dinner Roll
Fresh Fruit
Choice of Milk

14 Burrito Bowl
Choice of Beef or Chicken, Cheese, Rice, Beans, Corn, Salsa & Sour Cream
Fresh Fruit
Choice of Milk

20 Grilled Cheese w/ w/o Ham
Tomato Soup
Hummus w/ Veggie Sticks
Baked Chips
Fresh Fruit & Milk

21 Pulled Pork W/ Roll
Sweet Potato Wedges
Baked Beans
Fresh Fruit
Choice of Milk

27 Mashed Potato Bowl
Mashed Potato
Popcorn Chicken
Corn, Cheese or Gravy, Ciabatta Roll
Fresh Fruit & Milk

28 Beef and/or Cheese Nachos
Spanish Rice
Black Beans
Cold Tomato & Corn Salad
Fresh Fruit & Milk

1 Payday Pizza
Caesar Salad
Veggies w/ Ranch
Fresh Fruit
Choice of Milk

8 Pasta w/ Meatballs
Green Beans
Garlic Knot
Fresh Fruit
Choice of Milk

15 Payday Pizza
Caesar Salad
Veggies Cup w/ Ranch
Fresh Fruit
Choice of Milk

22 Thanksgiving Break

NO SCHOOL

29 Payday Pizza
Caesar Salad
Veggies Cup w/ Ranch
Fresh Fruit
Choice of Milk

2 Turkey Melt on Croissant
Smiley Fries
Steamed Broccoli
Frozen Icee
Choice of Milk

9 NEW ITEM
Baked Potato Crunch
Fish Sticks
Sweet Potato Fries
Corn Muffin
Fresh Fruit
Choice of Milk

16 Brunch for Lunch
French Toast
Sausage
Tater Tots
Mini Muffin
100 % Orange Juice
Choice of Milk

23 HAPPY THANKSGIVING

30 Chicken Teriyaki
Fried Rice
Freshly Steamed Broccoli
Egg Rolls
Fresh Fruit
Choice of Milk

3 Fettuccini Alfredo w/ w/o Chicken
Steamed Peas
Garlic Bread
Fresh Fruit
Choice of Milk

10 Veterans Day
No School

17 Cheeseburger
Sweet Potato Fries
Baked Beans
Steamed Broccoli
Fresh Fruit
Choice of Milk

24 Thanksgiving Break

NO SCHOOL