

WEST CENTRAL BREAKFAST & LUNCH MENU

November 2023

PK Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Offered Daily: Fresh Fruit, yogurt and juice Milk is served daily.		1 WG Waffles / Syrup	2 Tornado	3 Cereal - Kix
6 WG Pancake / Syrup	7 WG Muffin	8 Cereal - Happy Shapes	9 WG Pancake Sausage Stick / Syrup	10 Banana Bread
13 Egg & Cheese Biscuit	14 WG Cinnamon Bagel	15 WG Waffles / Syrup	16 Tornado	17 WG Breakfast Pizza
20 WG French Toast Sticks / Syrup	21 WG Muffin Early Dismissal 1:00 p.m.	22 No School	23 No School	24 No School
27 WG Pancake / Syrup	28 WG Bagel w/ Cream Cheese	29 Cereal - Trix	30 WG Pancake Sausage Stick w/ Syrup	WG= Whole Grain

Elementary - Middle School - High School

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Offered Daily: Fresh Fruit, yogurt and juice Milk is served daily.		1 WG Waffles / Syrup	2 Tornado	3 WG Poptarts
6 WG Pancake w/ syrup	7 WG Muffin	8 WG Nutri-Grain Bar	9 WG Pancake Sausage Stick / Syrup	10 Banana Bread
13 Egg & Cheese Biscuit	14 WG Cinnamon Bagel	15 WG Waffles / Syrup	16 Tornado	17 WG Breakfast Pizza
20 WG French Toast Stick / Syrup	21 WG Muffin Early Dismissal 1:00 p.m.	22 No School	23 No School	24 No School
27 WG Pancake / Syrup	28 WG Bagel / Cream Cheese	29 WG Nutri- Grain Bar	30 WG Pancake Sausage Stick / Syrup	WG= Whole Grain

**PK- 12TH GRADE
LUNCH MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
WG= Whole Grain		1 Pulled Pork / WG Bun Lettuce, Diced Tomato Shredded Cheese Ranch or French Mandarin Oranges	2 WG Chicken Nuggets Mashed Potatoes, Butter or Gravy, Roll, Butter pat, Corn Pears	3 WG Pizza Carrot Sticks Applesauce, WG Goldfish
6 Chicken Alfredo WG Breadstick, Green Beans Mixed Fruit	7 Maidrite / WG Bun Baked Beans Pickles, Sliced Onions Apple Slices, Mayo Ketchup, Mustard	8 WG Cheesy Breadsticks Marinara Sauce Corn, Peaches Parmesan Cheese	9 Cheeseburger / WG Bun French Fries, Cooked Carrots Applesauce Ketchup, Mustard, Mayo Pickles, Onions	10 Spaghetti / Parmesan Cheese Garlic Bread Lettuce & Spinach Ranch or French Dressing Pineapple
13 Taco-In-A-Bag Shredded Lettuce & Cheese Diced Tomatoes, Salsa Refried Beans, Sour Cream Pears	14 Grilled Chicken W/ WG Bun Green Beans Apricots	15 WG Corn Dogs Broccoli & Cheese Rice Krispie Treat WG Mixed Fruit	16 Turkey Roast Mashed Potatoes Butter or Gravy, Corn Peaches, Roll WG Pumpkin Pie, Cool Whip	17 BBQ Rib Patty / WG Bun Cooked Carrots Pineapple
20 WG Pizza Crunchers Marinara Sauce, Green Beans, Cookie, Frozen Fruit Cup	21 Hot Dog / WG Bun Chips, Carrot Sticks Mandarin Oranges	22 No School	23 No School	24 No School
27 Tenderloin / WG Bun Pickles, Baked Beans Cooked Carrots Apricots	28 Chicken & Noodles Mashed Potatoes Butter or Gravy, Peas Applesauce, Roll, Butter	29 Frito Lay Bowl Shredded Lettuce & Cheese, Diced Tomatoes Ranch or French Dressing Peaches, Bug Bites WG	30 WG Breaded Chicken / WG Bun Broccoli & Cheese Pears	Offered Daily: Chocolate & White Milk. Salad Bar, Ham & Cheese Sandwich, Turkey & Cheese Sandwich and Fruit