

# NOVEMBER | 2022



## WHMS

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>31</b> Muffin/Cheese stick Fruit/Juice/Milk  Chicken Bowl or Honey Sriracha Wings w/Fries Veggies & Dip Roll Fruit & Milk	<b>1</b> Poptart/Yogurt Fruit/Juice/Milk  Beef Soft Taco or Quesadilla Refried Bean Dip w/chips Carrots Fruit & Milk	<b>2</b> ZeeZee Bar/Cheese stick Fruit/Juice/Milk  Salad Bar w/Chicken Strip or Pizza Casserole w/Salad Breadstick Fruit & Milk	<b>3</b> Uncrustable/Yogurt Fruit/Juice/Milk  French Toast Sticks/Sausage/Hash Brown or Breakfast Sandwich w/Celery Fruit & Milk	<b>4</b> Superbun/Cheese stick Fruit/Juice/Milk  Both Sides Stuffed Crust Pizza Salad Corn Fruit & Milk
<b>7</b> Muffin/Cheese stick Fruit/Juice/Milk  Salisbury Steak w/Mashed Pot. w/Gravy or Chicken Strips Tater Tots - Roll Fruit & Milk	<b>8</b> Poptart/Yogurt Fruit/Juice/Milk  Sloppy Nacho's w/Cheese Sauce or Taco Pizza w/Refried Bean Dip & Chips Carrots Fruit & Milk	<b>9</b> ZeeZee Bar/Cheese stick Fruit/Juice/Milk  BBQ Pulled Pork Sandwich w/Tater Tots or Loaded Pork Tots Cole Slaw Fruit & Milk	<b>10</b> Uncrustable/Yogurt Fruit/Juice/Milk  General TSO's w/Rice & California Blend-Roll or Buffalo Chicken Dip w/Chips Celery Fruit & Milk	<b>11</b> Superbun/Cheese stick Fruit/Juice/Milk  Both Sides Bosco Sticks w/Marinara 7 Layer Salad Corn Fruit & Milk
<b>14</b> Muffin/Cheese stick Fruit/Juice/Milk  Cheeseburger or Hot Dog Baked Fries Baked Beans Fruit & Milk	<b>15</b> Poptart/Cheese stick Fruit/Juice/Milk  Beef Soft Taco or Chicken Fajita Bowl over Rice Cowboy Salsa w/Chips Cooked Carrots Fruit & Milk	<b>16</b> ZeeZee Bar/Cheese stick Fruit/Juice/Milk  Hot Ham & Cheese Sand. w/Tater Tots or Corn Dog w/Mac-n-Cheese Peas Fruit & Milk	<b>17</b> Uncrustable/Cheese stick Fruit/Juice/Milk  COOK'S CHOICE  Fruit & Milk	<b>18</b> Superbun/Cheese stick Fruit/Juice/Milk  Cheese Pizza or Pepperoni Pizza Salad Corn Fruit & Milk
<b>21</b> Muffin/Cheese stick Fruit/Juice/Milk  Chicken Bowl or Chicken Nuggets w/Baked Fries Corn Roll Fruit & Milk	<b>22</b> Poptart/Cheese stick Fruit/Juice/Milk  Cream Turkey over Biscuits or Chicken Patty Sand. w/Fries - Green Beans Sweet Potato Casserole Fruit & Milk	<b>23</b> NO SCHOOL  THANKSGIVING BREAK	<b>24</b> NO SCHOOL  HAPPY THANKSGIVING	<b>25</b> NO SCHOOL  THANKSGIVING BREAK
<b>28</b> NO SCHOOL  THANKSGIVING BREAK	<b>29</b> Poptart/Cheese stick Fruit/Juice/Milk  Chicken Fajita Sub or Fish Sandwich Baked Fries Baked Beans Fruit & Milk	<b>30</b> ZeeZee Bar/Cheese stick Fruit/Juice/Milk  Meatball Sub or Pizza Burger Onion Rings Broccoli Fruit & Milk	<b>1</b> Uncrustable/Cheese stick Fruit/Juice/Milk  BBQ Rib Patty Sand. w/Tater Tots or Poppysed Chicken Green Beans Salad Fruit & Milk	<b>2</b> Superbun/Cheese stick Fruit/Juice/Milk  Both Sides Stuffed Crust Pizza Salad Corn Fruit & Milk

### News

**NO SCHOOL**  
**THANKSGIVING**  
**BREAK**  
 NOV. 23<sup>RD</sup> - 28<sup>TH</sup>

**BREAKFAST**  
**\$1.25**  
**REDUCED**  
**\$0.20**

**LUNCH**  
**\$3.00**  
**REDUCED**  
**\$0.40**

**Milk Served Daily**  
 1% White & Chocolate

**Peanut Butter or Yogurt Lunch Served Daily with Veg., Fruit, Grain & Milk**

**This Institution is an Equal Opportunity Provider.**