

November - Breakfast & Lunch Menu 2020 – Virtual Students





Approximate grams of Carbohydrates per serving is shown in parenthesis



All entrees include Mayfield Milk(13-19) and Fruit or 100% Fruit Juice

November 2 nd	November 3 rd	November 4 th	November 5 th	November 6 th
<p>Breakfast WG Breakfast Bun(48) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p>Lunch WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>	<p><i>Student Holiday</i></p>	<p>Breakfast WG Cinnamon Roll(37) Milk 100% Fruit Juice</p> <p>Lunch Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Baby Carrots(5) Milk Fruit</p> <p><i>Entrée salad available upon request. Salad will replace 1 sandwich option from either Wednesday, Thursday, or Friday</i></p>	<p>Breakfast WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p>Lunch WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>	<p>Breakfast WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p>Lunch WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>
November 9 th	November 10 th	November 11 th	November 12 th	November 13 th
<p>Breakfast WG Breakfast Bun(48) Milk 100% Fruit Juice</p> <p>Lunch Ham & Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Baby Carrots(5) Milk Fruit</p>	<p>Breakfast WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p>Lunch WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>	<p>Breakfast Buttery Maple Snack N' Waffle(37) Milk 100% Fruit Juice</p> <p>Lunch Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos(19) Baby Carrots(5) Milk Fruit</p> <p><i>Entrée salad available upon request. Salad will replace sandwich option from either Wednesday, Thursday, or Friday</i></p>	<p>Breakfast WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p>Lunch WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>	<p>Breakfast WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p>Lunch WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>

November 16 th	November 17 th	November 18 th	November 19 th	November 20 th
<p><u>Breakfast</u> Buttery Maple Snack N' Waffle(37) Milk 100% Fruit Juice</p> <p><u>Lunch</u> Ham & Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Baby Carrots(5) Milk Fruit</p>	<p><u>Breakfast</u> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><u>Lunch</u> WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>	<p><u>Breakfast</u> Cinnamon Roll(37) Milk 100% Fruit Juice</p> <p><u>Lunch</u> Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Baby Carrots(5) Milk Fruit</p> <p><i>Entrée salad available upon request. Salad will replace 1 sandwich option from either Wednesday, Thursday, or Friday</i></p>	<p><u>Breakfast</u> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><u>Lunch</u> WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>	<p><u>Breakfast</u> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><u>Lunch</u> WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>
November 23 rd	November 24 th	November 25 th	November 26 th	November 27 th
<p><u>Breakfast</u> WG Mini Breakfast Clusters(38) Milk 100% Fruit Juice</p> <p><u>Lunch</u> Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Baby Carrots(5) Milk Fruit</p>	<p><u>Breakfast</u> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><u>Lunch</u> WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>			
November 30 th	December 1 st			
<p><u>Breakfast</u> Buttery Maple Snack N' Waffle(37) Milk 100% Fruit Juice</p> <p><u>Lunch</u> WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>	<p><u>Breakfast</u> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><u>Lunch</u> WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>			