

November

This institution is an equal opportunity provider.

Middle School Menu

November 1- November 30, 2023

MONDAY	TUESDAY	WV WEDNESDAY State Grown & Produced Products	THURSDAY	FRIDAY
		<p>1 B- Breakfast Burrito Egg/ Sausage/ Cheese, Yogurt, Applesauce Cup, Fresh Fruit, Juice, Milk</p> <p>L-Taco Burrito or Loaded Nachos (WV Taco Meat, cheese sauce, chips salsa) Kidney Beans, Broccoli Veggies w/ Dip, Fresh Fruit, Milk</p>	<p>2 B - WV Pancake & Sausage Patty Sandwich, Fresh Fruit, Juice, Milk</p> <p>L- WV Cheeseburger, W/W Bun Lettuce/Tomato, Pinto Beans, Veggies w/ Dip, Mixed Fruit, Fresh Fruit, Milk</p>	<p>3 B- W/W Donuts, Yogurt, Strawberry Cup, Juice, Fresh Fruit, Milk</p> <p>L- Chicken Nuggets or Tenders w/ sauce, Peas, Scallop Potatoes Applesauce Fresh Fruit, Milk</p>
<p>6 B- Sausage Egg & Cheese Sandwich, Juice, Fresh Fruit Yogurt, Milk</p> <p>L- Salisbury Steak, Mashed Potatoes w/ Gravy, W/W Roll, Peaches Salad w/ Tomatoes & Cucumbers Fresh Fruit Milk</p>	<p>7 B - Pancake On A Stick, Yogurt, Cinnamon Applesauce Cup, Smoothie Fresh Fruit, Juice, Milk</p> <p>L- Spaghetti w/ WV Meat sauce Texas Toast, Cheese Stick, Corn Mandarin Oranges, Spring Salad Mix w/ Tomatoes & Cucumbers Milk</p>	<p>8 B - Chicken Biscuit Sandwich, Peach Applesauce Cup, Fresh Fruit, Juice Milk</p> <p>L- Baked Potato Bar W/ WV Chili, Cheese, Pinto Beans Mixed Fruit, Spring Salad Mix w/ Tomatoes & Cucumbers, Smoothie, Fresh Fruit Milk</p>	<p>9 B- Egg & Cheese Bagel, Yogurt Strawberry Cup, Fresh Fruit, Juice Milk</p> <p>L – Pizza Choice (Buffalo/ Pepperoni/ Cheese) Peas Mozzarella Sticks w/ Marinara Sauce, Veggies w/ Dip Fresh Fruit, Milk</p>	<p>10</p> 
<p>13 B- Breakfast Bagel Sausage Egg & Cheese Sandwich, Juice, Fresh Fruit Yogurt, Milk</p> <p>L – Chicken Nuggets Scalloped Potatoes, Pinto Beans, Baby Carrots w/ Dip, Pears, Milk</p>	<p>14 B-Cinnamon Dunkers, Yogurt, Fresh Fruit Peach Applesauce Cup, Juice Milk</p> <p>L- Pepperoni Roll (Chico's Morgantown, WV) Oven Fries, Corn, Cucumbers w/ Ranch Peaches, Milk</p>	<p>15 B – WV Chicken Biscuit Sandwich Strawberry Cup, Fresh Fruit, Juice Milk</p> <p>L- WV Cheeseburger on W/W Bun Sliced Tomato, Smiley Fries Applesauce, Fresh Fruit, Chocolate Chip Cookie, Milk</p>	<p>16 B – Cereal of Choice, Yogurt w/Mix-In, Fresh Fruit, Juice, Milk</p> <p style="text-align: center;">Holiday Meal</p> <p>L- Roast Turkey, Mashed Potatoes w/ Gravy, Green Beans, Cranberry Sauce Dinner Roll, Tropical Fruit, Pumpkin Pie Milk</p>	<p>17 B – French Toast, Yogurt, Peach Cup, Fresh Fruit, Juice, Milk</p> <p>L – Pizza Choice (Buffalo/ Pepperoni/ Cheese) Peas Mozzarella Sticks w/ Marinara Sauce, Veggies w/ Dip Fresh Fruit, Milk</p>
			<p>23</p> 	
<p>27 B- Breakfast Burrito, Yogurt Strawberry Applesauce Cup, Fresh Fruit, Juice, Milk</p> <p>L- Mac & Cheese Bowl w/ Chicken Strips or Bean & Cheese Burrito, Peaches, Fresh Fruit, Milk</p>	<p>28 B- Colby Cheese Omelet, Sausage Patty Yogurt, Fresh Fruit, Juice, Milk</p> <p>L- Chicken Wing Day (Garlic Parmesan or BBQ flavored wings) Kidney Beans, Steamed Broccoli Fresh Fruit, Milk</p>	<p>29 B- Breakfast Pizza, Peach Cup, Fresh Fruit, Smoothie, Juice, Milk</p> <p>L – Pizza Choice (Buffalo/ Pepperoni/ Cheese) Peas Mozzarella Sticks w/ Marinara Sauce, Veggies w/ Dip Fresh Fruit, Milk</p>	<p>30 B – French Toast, Yogurt, Peach Applesauce Cup, Fresh Fruit, Juice Milk</p> <p>L- Chicken Alfredo, W/W Roll, Scallop Potatoes, Fresh Fruit, Mixed Fruit Salad w/ Tomatoes and Cucumbers Milk</p>	<p>*** Menu subject to change due to inclement weather and product availability***</p>

