

**ATTENDANCE MATTERS IN HAMPSHIRE COUNTY SCHOOLS! "STRIVE FOR FIVE"**

# November

This institution is an equal opportunity provider.

**High 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-Tacos or Loaded Nachos (<b>WV Taco Meat</b>, cheese sauce, chips salsa) Kidney Beans, Broccoli, Garden Bar, Peaches, Fresh Fruit Milk</p>	<p>2 <b>B - WV Pancake &amp; Sausage Patty Sandwich</b>, Fresh Fruit, Juice, Milk</p> <p>L- WV Cheeseburger, W/W Bun Lettuce/Tomato, Pinto Beans, Garden Bar, 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, Garden Bar, Fresh Fruit, Milk</p>
<p>6 B- Sausage Egg &amp; Cheese Sandwich, Juice, Fresh Fruit, Yogurt, Milk</p> <p>L- Salisbury Steak, Mashed Potatoes w/ Gravy, W/W Roll, Peaches, <b>Garden Bar</b> Mixed Fruit, 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/ <b>WV Meat sauce</b> Texas Toast, Cheese Stick, Corn Mandarin Oranges, <b>Garden Bar</b>, Milk</p>	<p>8 B - Chicken Biscuit Sandwich Peach Applesauce Cup, Fresh Fruit, Juice, Milk</p> <p>L- Baked Potato Bar W/ <b>WV Chili</b> Cheese, Pinto Beans Mixed Fruit <b>Garden Bar</b>, Pears, Fresh Fruit, Milk</p>	<p>9 B- Egg &amp; 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, Applesauce, Garden Bar, Milk</p>	<p>10</p> 
<p>13 B- Breakfast Bagel Sausage Egg &amp; Cheese Sandwich, Juice, Fresh Fruit Yogurt, Milk</p> <p>L – Chicken Alfredo, W/W Roll Scalloped Potatoes, Pinto Beans Garden Bar Applesauce, Fresh Fruit, Milk</p>	<p>14 B-Extravaganza, Yogurt, Fresh Fruit Peach Applesauce Cup, Juice, Milk</p> <p>L- <b>Pepperoni Roll (Chico's Morgantown, WV)</b> Oven Fries, Corn, Garden Bar Peaches, Fresh Fruit, Milk</p>	<p>15 B – <b>WV Chicken Biscuit Sandwich</b> Strawberry Cup, Fresh Fruit, Juice Milk</p> <p>L- <b>WV Cheeseburger</b> on W/W Bun Sliced Tomato, Smiley Fries Applesauce, Garden Bar, Fresh Fruit Chocolate Chip Cookie, Milk</p>	<p>16 B – Cereal of Choice, Yogurt w/Mix-In, Fresh Fruit, Juice, Milk</p> <p align="center"><b>Holiday Meal</b></p> <p>L- Roast Turkey, Mashed Potatoes w/ Gravy, Green Beans, Cranberry Sauce Dinner Roll, Peaches, Garden Bar Pumpkin Pie Milk</p>	<p>17 B – French Toast, Yogurt, Peach Cup, Fresh Fruit, Juice, Milk</p> <p>L- Hot Dog on W/W Bun or Chicken/ Cheese/ Rice Burrito, Coated Seasoned Fries, Steamed Carrots Pudding, Pears, Garden Bar, Fresh Fruit, Milk</p>
<p>20</p> 	<p>21</p> 	<p>22</p> 	<p>23</p> 	<p>24</p> 
<p>27 B- Breakfast Burrito, Yogurt Strawberry Applesauce Cup, Fresh Fruit, Juice, Milk</p> <p>L- Mac &amp; Cheese Bowl w/ Chicken Strips or Chicken/ Cheese/ Rice Burrito, Kidney Beans, Peaches, Fresh Fruit, Garden Bar Milk</p>	<p>28 B- Colby Cheese Omelet, Sausage Patty Yogurt, Smoothie, Fresh Fruit, Juice, Milk</p> <p>L- Chicken Wing Day ( Garlic Parmesan or BBQ flavored wings) Kidney Beans, Steamed Broccoli Mixed Fruit, Fresh Fruit, Garden Bar Milk</p>	<p>29 B- Breakfast Pizza, 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, Applesauce, Garden Bar Milk</p>	<p>30 B – Cinnamon Dunkers, Yogurt, Peach Applesauce Cup, Fresh Fruit, Juice Milk</p> <p>L- Meatball Sub, (Shredded Cheese &amp; Marinara) Coated Seasoned Potatoes Pinto Beans, Pears, Fresh Fruit Garden Bar Milk</p>	<p>*** Menus subject to change due to inclement weather and product availability***</p>

