

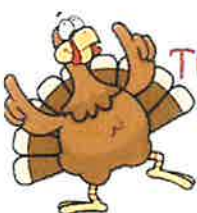








**WASHINGTON COLONY ELEMENTARY SCHOOL
NOVEMBER 2022 BREAKFAST AND LUNCH MENU**



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Mon	Tue	Wed	Thu	Fri
	1 Concha Yogurt Fruit & Juice Orange Chicken Brown Rice Broccoli & Carrots Fruit	2 Banana Bread String Cheese Fruit & Juice Pozole, Chips Cabbage, Onions, Cilantro, Radishes Oranges & Hot Sauce	3 Pancake & Sausage Fruit & Juice Chicken Drumstick Mashed Potatoes & Gravy, Corn & Fruit	4 Cinnamon Rolls Yogurt Fruit & Juice Italian Sandwich Chips & Fruit Cucumbers & Lettuce
7 Cold Cereal Graham Cracker Banana Chicken Nuggets Tator Tots Carrots & Fruit Graham Crackers	8 Pancake & Sausage On A Stick Fruit & Juice Tostada Refried Beans Lettuce, Salsa & Fruit	9 Breakfast Pizza Fruit & Juice Spaghetti w/Meat Sauce, Bread Stick Green Salad Cucumbers & Fruit	10 Ham and Cheese Bar, Graham Crackers Fruit & Juice Corn Dog Tator Tots Carrots & Fruit	11  NO SCHOOL
14 Cold Cereal Graham Cracker Banana Cheesy Breadsticks Marinara Sauce Carrots & Fruit	15 Concha Yogurt Fruit & Juice Orange Chicken Brown Rice Broccoli & Carrots Fruit	16 Banana Bread String Cheese Fruit & Juice Pozole, Chips Cabbage, Onions, Cilantro, Radishes Oranges & Hot Sauce	17 Pancake & Sausage Fruit & Juice Chicken Drumstick Mashed Potatoes & Gravy, Corn & Fruit	18 Cinnamon Rolls Yogurt Fruit & Juice Italian Sandwich Chips & Fruit Cucumbers & Lettuce
21 	22 Thanksgiving Break No School	23 	24 Thanksgiving Break No School	25 
28 Cold Cereal Graham Cracker Banana Cheesy Breadsticks Marinara Sauce Carrots & Fruit	29 Concha Yogurt Fruit & Juice Orange Chicken Brown Rice Broccoli & Carrots Fruit	30 Banana Bread String Cheese Fruit & Juice Pozole, Chips Cabbage, Onions, Cilantro, Radishes Oranges & Hot Sauce	 All of the Grains We Serve are Whole Grains  Nonfat Chocolate and 1% White Milk Provided THIS MENU IS SUBJECT TO CHANGE	