



# Pre-K - 8th Grade Wyoming County Schools November 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>TOASTED CHEESE SANDWICH VEGETABLE SOUP Crackers Tossed Salad Dressing, Low Calorie MIXED FRUIT Sherbet Milk</p>	<p>2</p> <p>Tacos Refried Beans Tossed Salad Dressing, Low Calorie Corn Pineapple Milk</p>
<p>5</p> <p>NO SCHOOL</p> <div style="text-align: center;">  <p>No School</p> </div>	<p>6</p> <p>NO SCHOOL</p> <div style="text-align: center;">  </div>	<p>7</p> <p>Pepperoni Roll BAKED BEANS Strawberry Spinach Salad Cherry Tomatoes Apple Crisp ICE CREAM CUP Milk</p>	<p>8</p> <p>Corn Dog Sweet Potato Fries CONDIMENTS Tossed Salad Dressing, Low Calorie Fresh Fruit Milk</p>	<p>9</p> <p>Bosco's Chessy Breadstick Tomato Soup CAESAR SALAD Baked Potato CONDIMENTS Crackers Pears Milk</p>
<p>12</p> <p>NO SCHOOL</p> <div style="text-align: center;">  </div>	<p>13</p> <p>Grilled Cheese Sandwich Tomato Soup Crackers Tossed Salad Dressing, Low Calorie BROCCOLI, Fresh RANCH DRESSING Fresh Fruit Milk</p>	<p>14</p> <p>Quesadilla, Chicken CONDIMENTS Tossed Salad Dressing, Low Calorie REFRIED BEANS Baby Carrots RANCH DRESSING Fresh Fruit Milk</p>	<p>15</p> <p>Turkey Dressing Whole Wheat Roll butter Mashed Potatoes &amp; Gravy Green Beans Cranberry Sauce Apple Crisp ICE CREAM CUP Milk</p>	<p>16</p> <p>Chicken Nuggets Whole Wheat Bread Sticks Sweet Potato Fries CONDIMENTS Tossed Salad Red Peppers Fresh Fruit Milk</p>
<p>19</p> <p>Hamburger on WW Bun Lettuce &amp; Tomato Onions CONDIMENTS Tossed Salad Dressing, Low Calorie Sweet Potato Fries BAKED BEANS Fresh Fruit Milk</p>	<p>20</p> <p>Salisbury Steak Whole Wheat Roll butter Mashed Potatoes Green Beans Baby Carrots RANCH DRESSING Fresh Fruit Milk</p>	<p>21</p> <p>NO SCHOOL</p> <div style="text-align: center;">  </div>	<p>22</p> <p>NO SCHOOL</p> <div style="text-align: center;">  </div>	<p>23</p> <p>NO SCHOOL</p> <div style="text-align: center;">  </div>
<p>26</p> <p>Chicken BBQ on a Wheat Bun Cole Slaw BAKED BEANS Sweet Potato Fries CONDIMENTS Tossed Salad Fresh Fruit Milk</p>	<p>27</p> <p>Students' Choice</p>	<p>28</p> <p>CHICKEN SANDWICH Lettuce &amp; Tomato CONDIMENTS Potato Wedges BROCCOLI AND CHEESE Fresh Fruit Milk</p>	<p>29</p> <p>Lasagna Whole Wheat Roll butter Tossed Salad Dressing, Low Calorie Green Beans Fresh Fruit Sherbet Milk</p>	<p>30</p> <p>Pepperoni Pizza Tossed Salad Dressing, Low Calorie Baby Carrots Corn Fresh Fruit Milk</p>

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"



# Wyoming County Schools 9-12 Lunch November 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"</p>			<p>1 TOASTED CHEESE SANDWICH VEGETABLE SOUP Crackers Tossed Salad Dressing, Low Calorie MIXED FRUIT Sherbet Milk</p>	<p>2 Tacos Refried Beans Tossed Salad Dressing, Low Calorie Corn Pineapple Milk</p>
<p>5 NO SCHOOL</p> 	<p>6 NO SCHOOL</p> 	<p>7 Pepperoni Roll BAKED BEANS Strawberry Spinach Salad Cherry Tomatoes Fresh Fruit Apple Crisp ICE CREAM CUP Milk</p>	<p>8 Corn Dog Sweet Potato Fries CONDIMENTS Tossed Salad Dressing, Low Calorie Peaches Fresh Fruit Milk</p>	<p>9 Bosco's Chessy Breadstick Tomato Soup CAESAR SALAD Baked Potato CONDIMENTS Crackers MIXED FRUIT Pears Milk</p>
<p>12 NO SCHOOL</p> 	<p>13 Grilled Cheese Sandwich Tomato Soup Crackers Tossed Salad Dressing, Low Calorie BROCCOLI, Fresh RANCH DRESSING Pineapple FROZEN FRUIT CUP Milk</p>	<p>14 Quesadilla, Chicken CONDIMENTS Tossed Salad Dressing, Low Calorie REFRIED BEANS Baby Carrots RANCH DRESSING mandarin orange Fresh Fruit Milk</p>	<p>15 Turkey Dressing Whole Wheat Roll butter Mashed Potatoes &amp; Gravy Green Beans Cranberry Sauce Fresh Fruit Apple Crisp ICE CREAM CUP Milk</p>	<p>16 Chicken Nuggets Whole Wheat Bread Sticks Sweet Potato Fries CONDIMENTS Tossed Salad Red Peppers Pears Fresh Fruit Milk</p>
<p>19 Hamburger on WW Bun Lettuce &amp; Tomato Onions CONDIMENTS Tossed Salad Dressing, Low Calorie Sweet Potato Fries BAKED BEANS Blueberry Cobbler Fresh Fruit Milk</p>	<p>20 Salisbury Steak Whole Wheat Roll butter Mashed Potatoes Green Beans Baby Carrots RANCH DRESSING Peaches Fresh Fruit Milk</p>	<p>21 NO SCHOOL</p> 	<p>22 NO SCHOOL</p> 	<p>23 NO SCHOOL</p> 
<p>26 Chicken BBQ on a Wheat Bun Cole Slaw BAKED BEANS Sweet Potato Fries CONDIMENTS Tossed Salad craisins Fresh Fruit Milk</p>	<p>27 Students' Choice</p>	<p>28 CHICKEN SANDWICH Lettuce &amp; Tomato CONDIMENTS Potato Wedges BROCCOLI AND CHEESE Applesauce Fresh Fruit Milk</p>	<p>29 Lasagna Whole Wheat Roll butter Tossed Salad Dressing, Low Calorie Green Beans Fruit Cocktail Fresh Fruit Sherbet Milk</p>	<p>30 Pepperoni Pizza Tossed Salad Dressing, Low Calorie Baby Carrots Corn Raisins Fresh Fruit Milk</p>



# Wyoming County Schools Evening Snack November 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Apple, Fresh FROZEN FRUIT CUP Milk	2 Unrustable
5 NO SCHOOL  No School	6 NO SCHOOL 	7 Pop Tarts – Fudge	8 Apple Frudel Milk	9 Unrustable
12 NO SCHOOL 	13 Strawberry Pop-Tart sing Milk	14 *Cheese Stick Goldfish Crackers	15 Baked Doritos Apple Baby Carrots	16 Unrustable
19 Sherbet BANANA Blueberry Breakfast Crackers	20 Apple Frudel Milk	21 NO SCHOOL 	22 NO SCHOOL 	23 NO SCHOOL 
26 PRETZELS Milk	27 BLUEBERRY MUFFIN Milk	28 PUMPKIN BREAD Milk	29 SIMPLY CHEX, YOGURT Milk	30 Unrustable

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# Wyoming County Schools November 2018 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Slider Dry Cereal, Variety Fresh Fruit Juice Milk ***** Breakfast Bar Cherrios Strawberry	2 Blueberry Smoothie Strawberry Smoothie Dry Cereal, Variety Peaches Juice Milk ***** Snack'n Maple Waffle
5 NO SCHOOL  	6 NO SCHOOL  	7 HAM, EGG, AND CHEESE CROISSANT Dry Cereal, Variety Applesauce Juice Milk ***** PUMPKIN BREAD	8 Homemade Cinnamon Roll Dry Cereal, Variety Fruit Juice Milk ***** Bagel w/Cream Cheese & Jelly	9 Sausage Biscuit Dry Cereal, Variety Apples w/Cinnamon Juice Milk ***** Yogurt GRANOLA
12 NO SCHOOL  	13 STRAWBERRY PARFAIT Dry Cereal, Variety GRANOLA Fresh Fruit Juice Milk ***** Banana Breakfast Bread	14 Blueberry Snack'n Waffle Dry Cereal, Variety Fresh Fruit Juice Milk ***** SUPER DOUGHNUT	15 Apple Frudel Dry Cereal, Variety Fresh Fruit Juice Milk ***** ZUCCHINI BREAKFAST BREAD	16 Chicken Slider Dry Cereal, Variety Raisins Juice Milk ***** Cocoa Puffs Cereal Bar
19 Pancake/Sausage Stick SYRUP, PANCAKE Dry Cereal, Variety Peaches Juice Milk ***** Oatmeal Choc Chip Bar	20 Breakfast Pizza Dry Cereal, Variety Pears Juice Milk ***** Maple Snack'in Waffle	21 NO SCHOOL  	22 NO SCHOOL  	23 NO SCHOOL  
26 Biscuit BACON Dry Cereal, Variety Fresh Fruit Juice Milk ***** BROWNIE MUFFIN	27 Blueberry Smoothie Strawberry Smoothie GRANOLA Dry Cereal, Variety Fresh Fruit Juice Milk ***** Cinnamon Toast Crunch Bar	28 Waffles SYRUP, PANCAKE Fresh Fruit Juice Milk ***** Pancake/Sausage Stick	29 BISCUIT & GRAVY Dry Cereal, Variety Red Grapes Juice Milk ***** BREAKFAST BURRITO	30 BISCUIT W/JELLY Canadian Bacon Fresh Fruit Juice Milk ***** Mini Cinnis Rolls

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