



# NOVEMBER | 2018

## WHITEOAK HIGH SCHOOL

Breakfast – Free  
Lunch - \$2.60  
Reduced - \$.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Tony's Pizza Green Beans Cocoa Bar Carrots/Ranch Fruit Milk	2 COOK'S CHOICE
5 Chicken Nuggets Dinner Roll Tater Tots Peas Carrots/Ranch Fruit Milk	6 Cheeseburger on Bun with Pickles Corn Baked Chips Fruit Milk	7 Chili Peanut Butter Jelly Bar Crackers Celery Sticks Fruit Milk	8 Big Daddy's Pizza Romaine Salad Ranch Dressing Cocoa Bar Fruit Milk	9 Corn Dog Baked Beans Celery/Ranch Snickerdoodle Cookie Fruit Milk
12 Chicken Strip Dinner Roll Seasoned Potatoes Carrots/Ranch Fruit Milk	13 Chili Cheese Fries Warm Corn Muffin Carrots/Ranch Fruit Milk	14 Taco Salad Chips Lettuce Cheese Broccoli/Ranch Fruit Milk	15 Giovanni's Pizza Green Beans Carrots/Ranch Cocoa Bar Fruit Milk	16 Coney Dog Baked Beans Baked Chips Broccoli/Ranch Fruit Milk
19 Breakfast <u>Homemade Cinnamon Roll</u> Chicken Patty On Bun Tator Tots Carrots/Ranch Fruit Milk	20 Turkey & Noodles Mashed Potatoes Gravy Roll Green Beans Pumpkin Pie Fruit Milk	21 No School	22  Happy Thanksgiving	23 No School
26 No School	27 Sausage Patty On Biscuit Cheese Egg Omelet Hash Brown Fruit Milk	28 Chicken & Rice Stir Fry Vegetables Cabbage Roll Fortune Cookie Fruit Milk	29 No School	30 French Bread Pizza Romaine Salad Ranch Dressing Cocoa Bar Fruit Milk

**We offer white, chocolate and strawberry milk. Extra milk is .40. Students must pay for additional milk even if they are on the free or reduced program. We offer whole grain products. Condiments & carrots are available daily.**

**New National School Lunch Program Meal Pattern Information**

**The National School Lunch Program (NSLP) offers 5 meal components daily. The daily components will consist of whole grains, meat/meat alternative, vegetable, fruit, and fluid milk. Each student may take all 5 components or as little as 3 components to receive a reimbursable meal. If a student chooses to take only 3 components one MUST be a fruit or a vegetable.**

**Breakfast**

**Choice of One Served w/Fruit & Milk Hot Menu as listed below or Cereal & Graham Crackers or WG Bar & Cheese Stick**

**Monday – Sausage Gravy & Biscuit**  
**Tuesday – Mini Pancakes or Waffles**  
**Wednesday – Breakfast Pizza**  
**Thursday – Bacon Egg Cheese Sand.**  
**Friday – Doughnuts**

**Students may charge up to \$10.00 on their lunch accounts. Parents will be notified by phone when students have exceeded the charge limit.**