

NOVEMBER | 2019



WHITEOAK HIGH SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28</p> <p>Breakfast – Free Lunch - \$2.75 Reduced - \$.40</p>	<p>29</p>	<p>30 Enter Text Here</p>	<p>31 Enter Text Here</p>	<p>1 No School</p>
<p>4 French Toast Sticks Chicken Patty On Bun Baked Fries Veggie Bag Fruit Milk</p>	<p>5 Sausage Biscuit & Gravy Subway Turkey or Ham or Both Veggies Baked Chips Cookie Fruit Milk</p>	<p>6 Bagel/Cream Cheese Grilled Chicken On Bun Tomato Baby Baked Potatoes Veggie Bag Fruit Milk</p>	<p>7 Egg Omelet Sandwich Giovanni's Pizza Green Beans Broccoli Cocoa Bar Fruit Milk</p>	<p>8 Doughnut Coney Dog On Bun Baked Beans Tater Tots Veggie Bag Fruit Milk</p>
<p>11 Fruit Muffin Chicken Nuggets Dinner Roll Steamed Broccoli Carrots/Ranch Fruit Milk</p>	<p>12 Peanut Butter & Jelly Bar Meat Loaf Mashed Potatoes & Gravy Veggie Bag Fruit Milk</p>	<p>13 Breakfast Pizza Taco Salad Tortilla Chips Meat Lettuce Cheese Refried Beans Salsa Fruit Milk</p>	<p>14 Pancakes or Waffles Personal Pan Pizza Salad & Ranch Dressing Cocoa Bar Broccoli Fruit Milk</p>	<p>15 Doughnut Corn Dog Baked Fries Carrots/Ranch Vanilla Pudding Fruit Milk</p>
<p>18 French Toast Sticks Chicken Strips Biscuit Hash Brown Peas Carrots/Ranch Fruit Milk</p>	<p>19 Sausage Biscuit & Gravy Chili & WG Crackers Peanut Butter Sandwich Veggie Bag Fruit Milk</p>	<p>20 Bagel/Cream Cheese Thanksgiving Dinner Turkey & Noodles Mashed Potatoes Dinner Roll Green Beans Pumpkin Pie & Topping Fruit Milk</p>	<p>21 Egg Omelet Sandwich Giovanni's Pizza Salad & Ranch Dressing Broccoli Cocoa Bar Fruit Milk</p>	<p>22 Doughnut Hot Dog Macaroni and Cheese Carrots/Ranch Rice Krispie Treat Fruit Milk</p>
<p>25 Fruit Muffin Chicken Fajita on Soft Tortilla Shell Lettuce Cheese Sauce Refried Beans Cookie Fruit Milk</p>	<p>26 Peanut Butter & Jelly Bar Walking Taco Doritos Meat Lettuce Cheese Salsa Fruit Milk</p>	<p>27 No School</p>	<p>28 </p>	<p>29</p>

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

WG Bar & Cheese Stick or

Cereal & Graham Cracker

Monday- French Toast Sticks

Tuesday- Sausage Gravy & Biscuit

Wednesday- Bagels/Cream Cheese

Thursday- Egg Omelet Sandwich

Friday- Yeast Doughnut

Monday- Fruit Muffin

Tuesday- PB&J Bar

Wednesday- Breakfast Pizza

Thursday- Pancake or Waffle

Friday- Doughnut

Students may charge up to \$10.00 on

their lunch accounts. Parents will be

notified by phone when students have

exceeded the charge limit.