



# RAYMOND-KNOWLES UNIONSCHOOL DISTRICT

## November 2018 Breakfast and Lunch Menus



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			Breakfast: WGR Pancakes & Syrup / Fruit / Juice / Milk  <i>Lunch: Chicken Patty Sandwich, Baked Tater Tots, Baby Carrots, Fruit, Milk</i>	Breakfast: WRG Muffin / Scrambled Egg / Fruit / Juice / Milk  <i>Lunch: WGR Cheese Pizza, Romaine Lettuce Salad, Green Beans, Fruit, Milk</i>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Breakfast: WGR Breakfast Pizza / Fruit / Juice / Milk  <i>Lunch: WGR Pasta &amp; Meat Sauce, WGR Roll, Baby Carrots, Fruit, Milk</i>	Breakfast: WGR Breakfast Bar / Fruit / Juice / Milk  <i>Lunch: Hamburger with WGR Bun, Baked Beans, Fruit, Milk</i>	Breakfast: WGR Cereal & Yogurt / Fruit / Juice / Milk  <i>Lunch: Beef &amp; Cheese Tostada, Refried Beans, Lettuce &amp; Salsa, Fruit, Milk</i>	Breakfast: WGR Pancakes & Syrup / Fruit / Juice / Milk  <i>Lunch: Chicken Patty Sandwich, Baked Tater Tots, Baby Carrots, Fruit, Milk</i>	<b><i>Veteran's Day</i></b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Breakfast: WGR Breakfast Pizza / Fruit / Juice / Milk  <i>Lunch: WGR Chicken Nuggets, Baked Potato Fries, Baby Carrots, Crackers, Fruit, Milk</i>	Breakfast: Tornado / Fruit / Juice / Milk  <i>Lunch: Mini Corn Dogs, Baked Beans, Baby Carrots, Crackers, Fruit, Milk</i>	Breakfast: WGR Cereal & Yogurt / Fruit / Juice / Milk  <i>Lunch: Beef &amp; Cheese Taco, Refried Beans, Lettuce &amp; Salsa, Fruit, Milk</i>	Breakfast: WGR Pancakes & Syrup / Fruit / Juice / Milk  <i>Lunch: Chicken Patty Sandwich, Baked Tater Tots, Baby Carrots, Fruit, Milk</i>	Breakfast: WRG Mini Cinnis / Scrambled Egg / Fruit / Juice / Milk  <i>Lunch: Roast Turkey, Mashed Potatoes, Green Beans, WRG Roll, WRG Cookie, Fruit, Milk</i>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Breakfast: WGR Breakfast Pizza / Fruit / Juice / Milk  <i>Lunch: Orange Chicken, Brown Rice, Broccoli, Baby Carrots, Crackers, Fruit, Milk</i>	Breakfast: WGR Breakfast Bar / Fruit / Juice / Milk  <i>Lunch: Corn Dog, Baked Tater Tots, Baby Carrots, Fruit, Milk</i>	<b><i>Thanksgiving Break</i></b>	<b><i>Thanksgiving Day</i></b>	<b><i>Thanksgiving Break</i></b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Breakfast: WGR Breakfast Pizza / Fruit / Juice / Milk  <i>Lunch: WGR Chicken Nuggets, Baked Potato Fries, Baby Carrots, Fruit, Milk</i>	Breakfast: Tornado / Fruit / Juice / Milk  <i>Lunch: Chili Con Carne, Baked Potato Fries, Baby Carrots, Crackers, Fruit, Milk</i>	Breakfast: WGR Cereal & Yogurt / Fruit / Juice / Milk  <i>Lunch: Beef &amp; Cheese Taco, Refried Beans, Lettuce &amp; Salsa, Fruit, Milk</i>	Breakfast: WGR Pancakes & Syrup / Fruit / Juice / Milk  <i>Lunch: Chicken Patty Sandwich, Baked Tater Tots, Baby Carrots, Fruit, Milk</i>	Breakfast: WRG Breakfast Bar/ Scrambled Egg / Fruit / Juice / Milk  <i>Lunch: WGR Pepperoni Pizza, Romaine Lettuce Salad, Green Beans, Fruit, Milk</i>

WGR = whole grain rich

"This institution is an equal opportunity provider."

09/02/2018