

Jefferson and Schalmont Middle School November 2017 Reader

Wednesday, November 1

Stuffed Crust
Pizza
Fresh Garden Salad w/LF Italian Dressing & Sliced Tomatoes
Assorted Canned & Fresh Fruit
Assorted Milk, Juice or Water

Thursday, November 2

Fish Sticks w/Homemade Tarter or
Chicken & Cheese Quesadilla w/Sour Cream & Salsa
Fresh Broccoli w/LF Ranch
Corn
Assorted Canned & Fresh Fruit
Assorted Milk, Juice or Water

Friday, November 3

Mini Waffles w/Sausage & Syrup or
Sloppy Joe on WG Roll
Fresh Veggies w/LF Ranch
Tater Tots
Assorted Canned & Fresh Fruit
Assorted Milk, Juice or Water

Monday, November 6

Chicken Nuggets w/Homemade Dipping Sauce & WG Garlic Breadstick
Fresh Carrots w/LF Ranch
BBQ Baked Beans
Assorted Canned & Fresh Fruit
Assorted Milk, Juice or Water

Tuesday, November 7

Taco Salad w/Chicken, Lettuce, Cheese, Salsa & Sour Cream or
Tuna Wrap
Fresh Celery w/LF Ranch
Black Bean & Corn Salad
Assorted Canned & Fresh Fruit
Milk/Juice/Water

Wednesday, November 8

French Bread Cheese
Pizza
Fresh Garden Salad w/LF Italian Dressing & Sliced Tomatoes
Assorted Canned & Fresh Fruit
Assorted Milk, Juice or Water

Thursday, November 9

French Toast Sticks w/Sausage & Syrup or
Corn Dog

Fresh Celery w/LF Ranch
Tater Tots
Assorted Canned & Fresh Fruit
Milk, Juice or Water

Friday, November 10
No School Today

Monday, November 13
Popcorn Chicken w/Homemade Dipping Sauce & Goldfish Crackers
Fresh Carrots w/LF Ranch
Corn
Assorted Fresh and Canned Fruits
Milk/Juice/Water

Tuesday, November 14
Mozzarella Sticks w/Marinara Sauce or Cheeseburger on WG Roll
Fresh Celery w/LF Ranch
Green Beans
Assorted Fresh and Canned Fruits
Milk/Juice/Water

Wednesday, November 15
Homemade Cheese
Pizza & Homemade Broccoli Pizza
Fresh Garden Salad w/LF Italian Dressing & Sliced Tomatoes
Assorted Fresh and Canned Fruits
Milk/Juice/Water

Thursday, November 16
Turkey w/Gravy & WG Dinner Roll or
Chicken Patty on WG Roll
Fresh Broccoli w/LF Ranch
Mashed Potatoes w/Gravy
Corn
Cranberry Sauce
Assorted Canned & Fresh Fruit
Assorted Milk, Juice or Water

Friday, November 17
Macaroni & Cheese w/WG Garlic Breadstick or
Hot Dog on WG Roll
Assorted Veggies w/LF Ranch
Peas
Assorted Fresh and Canned Fruits
Milk/Juice/Water

Monday, November 20
Chicken Tenders w/Homemade Dipping Sauce & WG Garlic Breadstick
Fresh Carrots w/LF Ranch

French Fries
Assorted Fresh and Canned Fruits
Milk/Juice/Water

Tuesday, November 21
Bosco Sticks w/Marinara Sauce or Pulled Pork on WG Roll
Assorted Fresh Veggies w/LF Ranch
BBQ Baked Beans
Assorted Fresh and Canned Fruits

No School Thanksgiving Break — Classes Resume Monday

Monday, November 27
Chicken Nuggets w/Homemade Dipping Sauce & WG Dinner Roll
Fresh Carrots w/LF Ranch
Green Beans
Assorted Fresh and Canned Fruits
Milk/Juice/Water

Tuesday, November 28
Cheeseburger on WG Roll or
Homemade Chicken Pot Pie
Fresh Celery w/LF Ranch
Mashed Potatoes w/Gravy
Assorted Fresh and Canned Fruits
Milk/Juice/Water

Wednesday, November 29
Big Daddy Cheese
Pizza
Fresh Garden Salad w/LF Italian Dressing & Sliced Tomatoes
Assorted Fresh and Canned Fruits
Milk/Juice/Water

Thursday, November 30
Rotini w/Meatballs or
Baked Potato w/Cheese & Sour Cream
WG Garlic Breadstick
Fresh Broccoli
Steamed Seasoned Broccoli
Assorted Fresh and Canned Fruits
Milk/Juice/Water

