



School Information: We are an equal opportunity provider. NO lunch Nov. 21 early out Grandparents Day. No school Nov. 22 & 23 Thanksgiving break.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Tuesday

Wednesday

Thursday

Friday



Hamburger on WG bun
French Fries
Baked beans
Fruit & salad bars
Milk

5

Chicken fried steak
Mashed potatoes
Fruit & salad bars
WG dinner roll
Milk

6

Chili Crisitos
w/chili & cheese sauce
Romaine salad
Fruit & vegetable bar
Cookie
Milk

7

Chili or chicken noodle soup
WG dinner roll
Jello
Fruit & salad bars
Milk

1

Lasagna
French bread
Romaine salad
Fruit & salad bars
Milk

2

Chicken patty on wg bun
Broccoli rice with cheese
Mixed vegetables
Fruit & vegetable bars
Milk

12

Meatball sub sandwich
WG chips
Fruit & vegetable bars
Dill pickle spears
Milk

13

Roasted Turkey
Mashed potatoes/stuffing
Mixed vegetables
Wg dinner roll
Pumpkin pie squares
Milk

14

Beef pizza
Romaine salad
Pudding cup
Fruit & vegetable bar
Milk

15

Ham dandy
WG dinner roll
Romaine salad
Fruit & vegetable bar
Milk

16

Chicken & Noodles on
Mashed potatoes
Green beans
WG dinner roll
Fruit & salad bars
Milk

19

Texas spaghetti
Romaine salad
WG dinner roll
Fruit & salad bar
Milk

20

No lunch
Grandparents Day

21

No School
Thanksgiving break

22

No School
Thanksgiving break

23

Bbq rib sandwich
Wg chips
Baked beans
Fruit & vegetable bars
Milk

26

Soft shell taco
Refried beans
Pineapple tidbits
Fruit & vegetable bars
Milk

27

Chili or cheesy potato soup
WG dinner roll
Cheese stick
Fruit & vegetable bars
Milk

28

Hotdog w/wg bun
French fries
Corn
Fruit & vegetable bars
Milk

29

Tuna casserole
WG dinner roll
Romaine salad
Fruit & vegetable bars
Milk

30

November 2018

SHELTON PUBLIC SCHOOL

BREAKFAST



School Information: We are an equal opportunity provider. No breakfast or lunch Nov. 21 early out Grandparents Day. No school Nov. 22 & 23 Thanksgiving break.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



BREAKFAST PIZZA
FRUIT
JUICE
MILK

5

CEREAL CHOICE
PBJ SANDWICH
FRUIT
JUICE
MILK

6

LOW FAT YOGURT
WG DONUT
FRUIT
JUICE
MILK

7

CEREAL CHOICE
PBJ SANDWICH
FRUIT
JUICE
MILK

1

BREAKFAST CASSEROLE
WG TOAST
FRUIT
JUICE
MILK

2

SAUSAGE GRAVY ON
WG BISCUITS
FRUIT
JUICE
MILK

12

CEREAL CHOICE
PBJ SANDWICH
FRUIT
JUICE
MILK

13

LOW FAT YOGURT
WG BREAKFAST BAR
FRUIT
JUICE
MILK

14

CEREAL CHOICE
PBJ SANDWICH
FRUIT
JUICE
MILK

15

CHEESE OMELET
WG TOAST
FRUIT
JUICE
MILK

16

SAUSAGE EGG BISCUIT
FRUIT
JUICE
MILK

19

CEREAL CHOICE
PBJ SANDWICH
FRUIT
JUICE
MILK

20

NO BREAKFAST
EARLY OUT

21

NO SCHOOL
THANKSGIVING BREAK

22

NO SCHOOL
THANKSGIVING BREAK

23

WG PANCAKES
SAUSAGE PATTY
FRUIT
JUICE
MILK

26

CEREAL CHOICE
PBJ SANDWICH
FRUIT
JUICE MILK

27

LOW FAT YOGURT
WG CINNAMON ROLL
FRUIT
JUICE
MILK

28

CEREAL CHOICE
PBJ SANDWICH
FRUIT
JUICE
MILK

29

SCRAMBLED EGGS
WG TOAST
FRUIT
JUICE MILK

30