

# NOVEMBER 2009

# WILSON COUNTY ELEMENTARY & MIDDLE SCHOOLS

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Sausage & Gravy Breakfast Pizza  Chicken Fajita w/ Whole Wheat Tortilla Corn Dog Nuggets Potato Stars Pinto Beans Fruit Cocktail	3	Scrambled Eggs w/ Toast  Chicken Patty Sandwich Ham & Cheese Roll-Up Au Gratin Potatoes Tossed Salad Cinnamon Applesauce	4	Biscuit w/ Gravy  Tony's Smart Cheese Pizza Chili Mac w/ Roll Triangle Potatoes Green Beans Fresh Fruit	5	Donut or Yogurt w/ Toast  Salisbury Steak w/ Gravy Open Faced Turkey Sandwich Dinner Roll Mashed Potatoes Peas & Carrots Baked Apples	6	Breakfast Pocket  Hamburger w/ Trimmings Chicken & Dumplings Baked Potato Vegetable Medley w/ Cheese Peaches
9	Bacon Scramble Pizza  Beef & Bean Burrito Pizza Hot Pocket Tossed Salad Pinto Beans Fruit Cocktail	10	Biscuit w/ Gravy  Hamburger Steak w/ Gravy & Roll Fish Treasures Whole Potatoes w/ Cheese Green Peas Peaches	11	Pancakes w/ Syrup  Tony's Smart Pepperoni Pizza Spaghetti w/ Meat Sauce & Roll Tossed Salad Broccoli w/ Cheese Sauce Pears	12	Breakfast Chicken Patty w/ Toast  Chicken Nuggets w/ Roll Barbecued Pork Sandwich Mashed Potatoes Green Beans Fresh Fruit	13	Los Cabo's Breakfast Burrito  Hamburger w/ Trimmings Turkey & Cheese Roll-Up French Fries Baked Beans Applesauce
16	Breakfast Pocket  Chicken Quesadilla Mozzarella Max Sticks Potato Smiles Tossed Salad Pineapple	17	Donut or Yogurt w/ Toast  Baked Ham Sliced Turkey Dinner Roll Cornbread Dressing Mashed Potatoes w/ Gravy Green Beans Cranberry Sauce & Baked Apples	18	Scrambled Eggs w/ Toast  Tony's Smart Cheese Pizza Mexicali Bake w/ Chicken Potato Stars Pinto Beans Peaches	19	Biscuit w/ Gravy  Pork Rib Patty Sandwich Corn Dog Cheesy Rice Carrot & Celery Sticks w/ Dip Baked Beans Cinnamon Applesauce	20	Sausage & Gravy Breakfast Pizza  Hamburger w/ Trimmings Chicken & Dumplings Potato Wedges Mixed Vegetables Fruit Cocktail
23	French Toast Sticks w/ Syrup  Beef & Been Burrito w/ Salsa Turkey & Cheese Sandwich Pinto Beans Tossed Salad Fresh Fruit	24	Sausage Pizza w/ Red Sauce  Hamburger Steak w/ Gravy Chicken Noodle Soup Dinner Roll Scalloped Potatoes Green Peas Peaches	<p><i>Thanksgiving Holiday</i> <i>November 25<sup>th</sup>, 26<sup>th</sup>, &amp; 27<sup>th</sup></i></p>					
30	Breakfast Chicken Patty w/ Toast  Chicken Soft Taco Spanish Rice w/ Ground Beef Tater Tots Whole Kernel Corn Fruit Cocktail	<p><b>Breakfast and Lunch Menu</b> An entrée, cereal, toast, fruit or fruit juice and milk are served each morning at every Elementary School. Visit <a href="http://www.wcschools.com">www.wcschools.com</a> for more cafeteria information</p>							

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