<table>
<thead>
<tr>
<th>CHOICE 1</th>
<th>November 22</th>
<th>November 23</th>
<th>November 24</th>
<th>November 25</th>
<th>November 26</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHOICE 1</strong></td>
<td>Popcorn Chicken Popcorn Chicken – 14g</td>
<td>Lasagna Roll Ups w/ Breadstick Tasty Brand WG Lasagna – 27g Breadstick – 14g</td>
<td>Mini Corn Dog House of Raeford WG Corn Dog Nuggets – 21g</td>
<td>Cheese Pizza Tony’s Smart Pizza – 34g</td>
<td>Grilled Cheese White Bread (2 slices) – 52g Am. Cheese (4 slices) – 4g</td>
</tr>
<tr>
<td><strong>CHOICE 2</strong></td>
<td>3 Cheese Calzone Gilardi Food – Calzone – 33g</td>
<td>Turkey &amp; Cheese Sub Turkey – 0g Am. Cheese – 1g Hot Dog Roll – 25g</td>
<td>Cheese Stuffed Breadstick Beacon Street Café WG Cheese Stuff Breadstick (2) – 28 g</td>
<td>Meatball Parmesan Sub Advance Meatball – 7g Marinara Sauce – 12g Hot Dog Roll – 25g</td>
<td>Chicken Quesadilla The Max, WG Quesadilla Chicken Pizza – 38g</td>
</tr>
<tr>
<td><strong>CHOICE 3</strong></td>
<td>Yogurt Cup w/ Scooby Snacks Yogurt Cup w/ Scooby Snacks Yoplait 4 oz. Blueberry– 15g Strawberry Banana, Peach, Raspberry 21g Scooby Snacks – 21g</td>
<td>Peanut Butter &amp; Jelly Sand.(64g)</td>
<td>Chef Salad</td>
<td>Peanut Butter &amp; Jelly Sand.(64g)</td>
<td>Chef Salad</td>
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<tr>
<th>Veggie</th>
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</tr>
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<tbody>
<tr>
<td><strong>Veggie</strong></td>
<td>Potato Tots – 16g</td>
<td>Steamed Broccoli – 3g</td>
<td>Baked Beans Dawn glow – 21g</td>
<td>Steamed Carrots (7g)</td>
<td>Tomato Soup Campbell’s Tomato Soup – 19g</td>
</tr>
</tbody>
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<tr>
<th>Wed.Treat</th>
<th>November 22</th>
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<tr>
<td><strong>Wed.Treat</strong></td>
<td>October Birthday Treat</td>
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<tr>
<th>CHOICE 1</th>
<th>November 29</th>
<th>November 30</th>
<th>December 1</th>
<th>December 2</th>
<th>December 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHOICE 1</strong></td>
<td>Chicken Patty Chicken Patty – 16g Hamburg Roll – 22g</td>
<td>Walking Taco’s Beef Crumbles – 1g Shredded Cheese – 1g Tostito – 19g</td>
<td>Cheeseburger Beef Patty – 1g Am. Cheese – 1g Hamburg Roll – 22g</td>
<td>Big Daddy’s Cheese Pizza – 42 g</td>
<td>French Toast Sticks w/ Yogurt Cup French toast sticks – 37g Syrup – 43g Yogurt – Yoplait 4 oz. Blueberry – 15g Strawberry Banana, Peach, Raspberry 21g</td>
</tr>
<tr>
<td><strong>CHOICE 2</strong></td>
<td>Mozzarella Sticks Farm Rich – 27g Marinara Sauce – 12g</td>
<td>Ham &amp; Cheese on WG Hamburger Roll Turkey Ham – 2g American Cheese – 1g Hamburg Roll – 22g</td>
<td>Pizza Crunchers Farm Rich Pizza Crunchers – 41g Marinara Sauce – 12g</td>
<td>Sloppy Jo Sandwich Hamburger Roll – 22g Sloppy Joe Mix – 11g BBQ Sauce</td>
<td>Oven Roasted Chicken w/ Cornbread Cornbread – Bake Crafters – 23g</td>
</tr>
<tr>
<td><strong>CHOICE 3</strong></td>
<td>Yogurt Cup w/ Scooby Snacks Yogurt Cup w/ Scooby Snacks Yoplait 4 oz. Blueberry– 15g Strawberry Banana, Peach, Raspberry 21g Scooby Snacks – 21g</td>
<td>Peanut Butter &amp; Jelly Sand.(64g)</td>
<td>Chef Salad</td>
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<tr>
<td><strong>Veggie</strong></td>
<td>Oven Fries</td>
<td>Refried Beans Santiago – 25g</td>
<td>Steamed Peas (12g)</td>
<td>Steamed Corn – 17g</td>
<td>Hash Brown Potato 12g</td>
</tr>
<tr>
<td>Week</td>
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<td>Choice 3</td>
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|       | CV Chicken Bowl  
Popcorn Chicken – 14g | 3 Cheese Calzone  
Gilardi Food – Calzone – 33g | Yogurt Cup w/ Scooby Snacks  
Yogurt Cup w/ Scooby Snacks  
Yoplait 4 oz.  
Blueberry – 15g  
Strawberry Banana, Peach, Raspberry 21g  
Scooby Snacks – 21g | Smiley Cookie |
|       | Asian Food w/ Fried Rice  
Sweet & Sour – 10g  
General Tso – 11g  
Teriyaki Chicken – 8g  
Orange Glaze Chicken – 11g  
WG Fried Rice – 32.3g | Turkey & Cheese Sub  
Turkey – 1g  
Am. Cheese – 1g  
Hot Dog Roll – 25g | Peanut Butter & Jelly Sand.(64g) |   |
|       | All Beef Hot Dog  
Berk’s Hot Dog – 1g  
Hot Dog Roll – 25g | Cheese Stuffed Breadstick  
Beacon Street  
Café WG Cheese Stuffed Breadstick (2)– 28 g | Chef Salad |   |
|       | Personal Pizza  
Tony’s Deep Dish WG Pizza– 31g | Meatball Parmesan Sub  
Advance Meatball – 7g  
Marinara Sauce – 12g  
Hot Dog Roll – 25g | Peanut Butter & Jelly Sand.(64g) |   |
|       | BBQ Chicken Sub  
Diced Chicken – 0  
Cheese, Cheddar – 1g  
Barb Que Sauce  
Steak Roll – 29 g  
Hot Dog Roll – 25g | Chicken Quesadilla  
The Max, WG Quesadilla Chicken Pizza – 38g | Chef Salad |   |
|       | Veggie |   |   |   |
|       | Mashed Potatoes w/ Gravy  
Idahoan Mashed Potatoes – 17g  
Chicken Gravy – 7g  
Corn 17g | Steamed Broccoli – 3g | Baked Beans  
Baked Beans  
Dawn glow – 21g |   |
|       |   |   |   |   |
|       | Wed. Treat |   |   |   |
|       | Hershey’s Ice Cream Treat  
Dixie Cups – 14 / 16g  
Raspberry Yogurt – 23g  
Vanilla Yogurt – 16 g  
Sherbet – 23 / 27g  
Original Mini Ice  
Cream Sand – 12g  
Fudge O bar – 16g |   |   |   |

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</table>
|       | Chicken Nuggets  
(10g ) | Mozzarella Sticks  
Farm Rich – 27g | Ham & Cheese on WG Hamburger Roll |   |
|       | Walking Taco’s  
Beef Crumbles – 1g  
Shredded Cheese – 1g  
Tostito – 19g |   |   |   |
|       | Turkey & Stuffing  
Mashed Potatoes  
Gravy  
Mashed Potatoes w/Gravy  
Idahoan Mashed Potatoes – 17g  
Chicken Gravy – 7g  
Turkey & Gravy – 3g | Sloppy Jo Sandwich  
Hamburg Roll – 22g |   |   |
|       | French Bread Pizza  
WG Tony’s French Bread Pizza – 33.6g |   |   |   |
|       | French Toast Sticks w/ Yogurt Cup  
French toast sticks – 37g  
Syrup – 43g  
Yogurt –  
Yoplait 4 oz.  
Blueberry – 15g  
Strawberry Banana, Peach, Raspberry 21g |   |   |   |
|       |   |   |   |   |
| CHOICE 3 | Marinara Sauce – 12g  
Yogurt Cup w/ Scooby Snacks  
Yogurt Cup w/ Scooby Snacks  
Yoplait 4 oz. Blueberry – 15g  
Strawberry Banana, Peach, Raspberry 21g  
Scooby Snacks – 21g | Turkey Ham – 0g  
American Cheese – 1g  
Hamburg Roll – 22g  
Peanut Butter & Jelly Sand.(64g) | Chef Salad | Sloppy Joe Mix – 11g  
BBQ Sauce | Tyson Drumstick – 6g  
Cornbread – Bake Crafters – 23g  
Chef Salad |
| --- | --- | --- | --- | --- | --- |
| Veggie | Oven Fries  
Oreida Evercrisp – 20g | Steamed Peas (12g) | Steamed Corn – 17g | Baked Beans  
Dawn glow – 21g | Green Beans – 6g |
| Wed. Treat | | | Chocolate Chip Cookie  
Best Maid – 18g | | |

STUDENTS CAN HAVE 2 VEGGIES & 2 FRUITS  
FRESH SALAD AND VEGGIE PACKS OFFERED DAILY  
CHOICE OF FRESH OR CANNED FRUIT OR JUICE