





# November 2011

# WATERLOO JR HIGH SCHOOL Home of the Bulldogs

Mon	Tue	Wed	Thu	Fri
	<p>1 Chix Nuggets or Mini Corn Dogs Greens Beans and Cinn. Apples Slices <b>BREAKFAST:</b> Breakfast Burrito or Cereal and Fruit</p>	<p>2 Chili w/ Peanutbutter Sand. Or Pepperoni Pizza Corn and Peaches <b>BREAKFAST:</b> Bagels w/ Yogurt and Fruit or Cereal w/ Fruit</p>	<p>3 Taco Bar w/ Mexican Rice or Turkey Deli w/ Chips Apricots and Carrot Stix <b>BREAKFAST:</b> Biscuits and Gravy or Cereal with Toast</p>	<p>4 Cheese Ravioli in Meatsauce and Garlic Toast or Fish Sandwich. With Chips Mixed Fruit and Garden Salad <b>BREAKFAST:</b> Waffle Stix w/ Sausage or Cereal w/ Fruit</p>
<p>7 Egg Roll w/ Stir Fried Rice or Delux Burger Sweet Potato Fries and Frosty Cherries <b>BREAKFAST:</b> Donut with Yogurt or Cereal with Toast</p>	<p>8 Chic Patty on Bun or Toasted Ravioli Scalloped Potatoes and Peaches <b>BREAKFAST:</b> Cereal with Toast or Scrambled Eggs w/ Bacon and Toast</p>	<p>9 Turkey Dinner or Stuffed Crust Pizza Corn and Strawberry Cup <b>BREAKFAST:</b> Otis Muffin w/ Fruit or Cereal with Toast</p>	<p>10 Macho Nacho or Chilidog on Bun w/ Mac n Cheese Garden Salad and Sliced Pears <b>BREAKFAST:</b> Biscuits and Gravy or Cereal with Fresh Fruit</p>	<p>11 VETERANS DAY—1/2 DAY</p> 
<p>14 Cheese Pizza or Cheese Burger Oven Fries and Sliced Peaches <b>BREAKFAST:</b> Breakfast Pizza or Cereal with Long John</p>	<p>15 Sloppy Joe or Chix Nuggets w/ Mac n Cheese Celery Stix w/ Peanutbutter and Apple Crisp <b>FRUIT SLUSHIE</b> <b>BREAKFAST:</b> Sausage and Egg Biscuit or Cereal with Fruit</p>	<p>16 Chix Noodle Soup w/ Peanutbutter Sand. or BBQ Riblet Sand. w/ Chips Green Beans &amp; Mixed Fruit <b>BREAKFAST:</b> Otis Muffin w/ Fruit or Cereal/Oatmeal w/ Toast <b>HAPPY BIRTHDAY</b></p>	<p>17 Soft Taco or Hotdog on Bun w/ Hash Browns Corn and Sliced Strawberries <b>BREAKFAST:</b> Cinnamon Roll with Sausage or Cereal w/ Fruit</p>	<p>18 Beefy Spanish Rice and Bread Stix or Fish Sand. w/ Chips Blueberries and Pasta House Salad <b>BREAKFAST:</b> Breakfast on a Stix or Cereal</p>
<p>21 Pepperoni Pizza or Delux Burger Sweet Potato Fries and Diced Peaches <b>BREAKFAST:</b> Cereal with Fruit or Donut with Fruit</p>	<p>22 Chix Stix or Turkey Deli w/ Sun Chips Green Beans and Frosty Cherries <b>BREAKFAST:</b> Scrambled Eggs w/ Bacon, Hash Browns and Toast or Cereal w/ Toast</p>	<p>23 BBQ Pork on Bun w/ Chips or Chix O's Sweet Potato Casserole and Apple Slices <b>BREAKFAST:</b> Bagels and Cream Cheese &amp; Yogurt or Cereal/Oatmeal with Toast <b>THANKFUL COOKIE</b></p>	<p>24 <b>HAPPY THANKSGIVING</b></p> 	<p>25 <b>NO SCHOOL</b></p> 
<p>28 Bosco Stix with Meatsauce or Cheeseburger w/ Oven Fries and Sliced Peaches <b>BREAKFAST:</b> Donut w/ Yogurt or Cereal with Fresh Fruit</p>	<p>29 Chic Strip Wrap or Turkey Deli Scalloped Potatoes and Pears <b>BREAKFAST:</b> Cereal with Fruit or Breakfast Burrito</p>	<p>30 Stuffed Crust Pizza or Chix Noodle Soup w/ Peanutbutter Sand. Garden Salad and Peaches <b>BREAKFAST:</b> Otis Muffin w/ Fruit or Cereal w/ Toast</p>	