






WATERLOO JR HIGH SCHOOL

Home of the Bulldogs

November 2016

Mon	Tue	Wed	Thu	Fri
	<p>1 Toasted Ravioli or Ham & Cheese Deli Apple Slices and Corn BREAKFAST: Sausage and Egg Biscuit with Fruit</p>	<p>2 Chicken Alfredo or Cheese Pizza Green Beans and Applesauce BREAKFAST: Breakfast Muffin with Fruit</p>	<p>3 Turkey Deli or Taco Salad Refried Beans and Peach Cup BREAKFAST: Cinnamon Rolls with Fruit</p>	<p>4 Spaghetti with Meatsauce and Breadstix or Chix O's Pasta House Salad and Mixed Fruit BREAKFAST: Pancakes with Fruit</p>
<p>7 Delux Hamburger or Popcorn Chix Celery w/ Peanutbutter and Apples BREAKFAST: Donut with Fruit or NV Choc Chip Granola Bar or Breakfast Pizza</p>	<p>8 Bosco Stix or Turkey Wrap on Pretzel Bun Orange Slices and Broccoli w/ Ranch BREAKFAST: Biscuits with Gravy and Fruit</p>	<p>9 Chili with 1/2 Peanutbutter Sandwich or Pepperoni Pizza Corn and Peaches BREAKFAST: Bagels with Cream Cheese & Fruit</p>	<p>10 Macho Nacho or Turkey Deli Pears and Refried Beans BREAKFAST: Breakfast on a Stix with Fruit</p>	<p>11  HONORING ALL Who Served</p>
<p>14 Sloppy Joe or Chicken Nuggets Tater Tots and Fresh Apples BREAKFAST: Donut with Fruit or Nature Valley Smores Granola Bar</p>	<p>15 Chix Fajita or Ham and Cheese on Pretzel Bun Oranges and Steamed Carrots BREAKFAST: Scrambled Eggs with Toast and Sausage</p>	<p>16 Oven Roasted Chix Dinner Or Pepperoni Pizza Corn and Grapes BREAKFAST: Breakfast Muffin with Fresh Fruit</p>	<p>17 Soft Tacos or Turkey Deli Pears and Refried Beans BREAKFAST: Cinnamon Rolls with Fruit</p>	<p>18 Rotini with Meatsauce or Fish Sandwich Garden Salad and Strawberries BREAKFAST: French Toast with Fruit</p>
<p>21 Delux Hamburger or Chix Patty on Bun SS Fries and Mixed Fruit BREAKFAST: Breakfast Pizza or Yogurt with Fruit</p>	<p>22 Toasted Ravioli or Ham and Cheese Deli on Pretzel Bun Orange Slices and Carrots w/ Ranch BREAKFAST: Biscuits with Gravy and Fruit</p>	<p>23 1/2 DAY SCHOOL</p>  <p>Give Thanks!</p>	<p>24</p> 	<p>25</p>
<p>28 Sloppy Joe or Mini Corn Dogs Apple Slices and Baked Beans BREAKFAST: Donut with Fruit</p>	<p>29 Bosco Stix with Meatsauce or Turkey Wrap Celery w/ Ranch and Orange Smiles BREAKFAST: Biscuits and Gravy</p>	<p>30 Chix Noodle Soup with Grilled Cheese. or Cheese Pizza Savory Carrots and Banana BREAKFAST: Bagel w/ Cream Cheese and Fruit</p>	 <p>HAPPY THANKSGIVING!</p>	