







November 2018

WATERLOO JR. HIGH SCHOOLS Home of the Bulldogs

Mon	Tue	Wed	Thu	Fri
			1 NO SCHOOL 	2 NO SCHOOL 
5 <i>Delux Hamburger or Popcorn Chicken Fries and Fresh Apples</i> BREAKFAST: Donut with Fruit	6 <i>Bosco Stix w/ Meat sauce or turkey wrap Oranges and Steamed Carrots</i> BREAKFAST: Scrambled Eggs with Toast and Sausage	7 <i>Chili w/ 1/2 Peanut butter Sand. Or Pepperoni Pizza Celery w/ Peanut butter and Grapes</i> BREAKFAST: Bagels with Cream Cheese w/ Fruit	8 <i>Taco salad or Turkey Deli w/sun chips Pears and Refried Beans</i> BREAKFAST: Funnel Cake with Fruit	9 <i>Rotini with Meat sauce or French Bread Pizza Garden Salad and Mixed Fruit</i> BREAKFAST: French Toast with Fruit
12 NO SCHOOL 	13 <i>Sloppy Joe or Chicken Nuggets steamed broccoli and Apple Slices and</i> BREAKFAST: Apple Bosco Stix with Fruit	14 <i>BBQ Riblet or Crispi-tos tator tots and Straw-berries</i> BREAKFAST: Breakfast Muffin with Fruit	15 <i>Walking taco or turkey Deli or Refried Beans and Grapes</i> BREAKFAST: Cin-namon Rolls with Fruit	16 <i>Spaghetti w/ Meat sauce & Breadsticks or PIZZA</i> HUT Cheese/Pepperoni Piz-za garden salad & Peaches BRKFAST: Pancakes with
19 <i>Beef Sliders or Cherry Blossom Chix Stir Fry Veg-gies and Mixed Fruit</i> BREAKFAST: Choc. Filled Crescent with Fruit	20 <i>Toasted Ravioli or Ham & cheese deli and Corn & peaches</i> BREAKFAST: Sau-sage and Egg Biscuit with Fruit	21 1/2 DAY SCHOOL Powdered Donuts w/ Fruit	22 NO SCHOOL 	23 NO SCHOOL 
26 <i>Cheeseburger or Mini Corn Dogs Apple Slices and Baked beans</i> BREAKFAST: Breakfast Pizza with Fruit	27 <i>Chix Fajita or Hot Ham and cheese on pretzel bun Green beans and Orange Smiles</i> BREAKFAST: Hot Ham and cheese	28 <i>Chix Noodle Soup w/ Grilled Cheese or Cheese Pizza corn and Banana</i> BREAKFAST: Bagel w/ Cream Cheese and Fruit	29 PIZZA HUT CHEESE/ PEPPERONI PIZZA or soft taco carrots w/ranch and Strawberries BREAKFAST: Mini Cinni's with Fruit	30 <i>Rotini w/meat sauce & bread stick or pepperoni cal-zones & Pasta house salad & Peaches</i> BRKFAST: Waffle Stix with Fruit