

November, 2022

Whiteside Elementary School



Tuesday, November 1

Breakfast
Pop Tarts

Lunch
-Sausage, Egg & Cheese
Croissant
-Breaded Chicken Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Emoji Smiles
Chilled Applesauce
Cold Milk

Wed., November 2

Breakfast
Pancake & Sausage
on a Stick

Lunch
-Popcorn Chicken with
Pretzel Bites & Queso
-Hamburger
-Chef Salad & Bosco Stick
-Deli Sandwich
Seasoned Green Beans
Craisins
Cold Milk

Thursday, November 3

Breakfast
Blueberry Muffins

Lunch
-Oven Roasted Chicken & Roll
-Sub Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Cheesy Broccoli
Pineapple Tidbits
Tiger Bites
Cold Milk

Friday, November 4

Breakfast
Cheesy Scrambled Eggs &
Biscuit

Lunch
-Soft Beef Tacos
-Chef Salad & Bosco Stick
-Deli Sandwich
Fiesta Beans
Fresh Eckert's Apple
Cold Milk



Monday, November 7

Breakfast
Breakfast Pizza

Lunch
-Cheese Quesadilla
-Corn Dog
-Popcorn Chicken Salad
-Deli Sandwich
Baby Carrots
Mixed Fruit
Cold Milk

Tuesday, November 8

**Election Day
is Tuesday,
November 8.**

**No School
Today**

Wed., November 9

Breakfast
Bacon, Egg & Cheese Biscuit

Lunch
-Chicken Nugget and
Macaroni Bowl
-Meatball Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Tator Tots
Frozen Juice Cup
Cold Milk

Thursday, November 10

Breakfast
Mini Pancakes & Syrup

Lunch
-Cheeseburger
-Hot & Spicy Chicken
Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Steamed Broccoli
Chilled Peaches
Cold Milk

Friday, November 11

**Thank
You**



DON'T GET SAUCY.

Filling half your plate with fruits and veggies? Good for you! Just make sure you don't always smother all that goodness in cheese sauce or sugar or syrup. A little olive oil on some sauteed fresh veggies is fine, but drenching veggies in butter? Not so much.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!