

November, 2022

Whiteside Middle 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
-Cheesy Fish Sandwich
-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

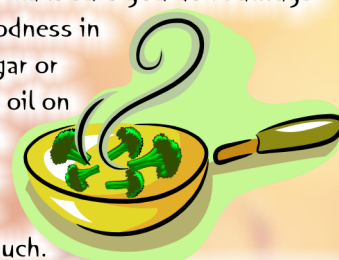
Lunch
-Cheeseburger
-Hot & Spicy Chicken Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Steamed Broccoli
Chilled Peaches
Cold Milk

Friday, November 11



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!