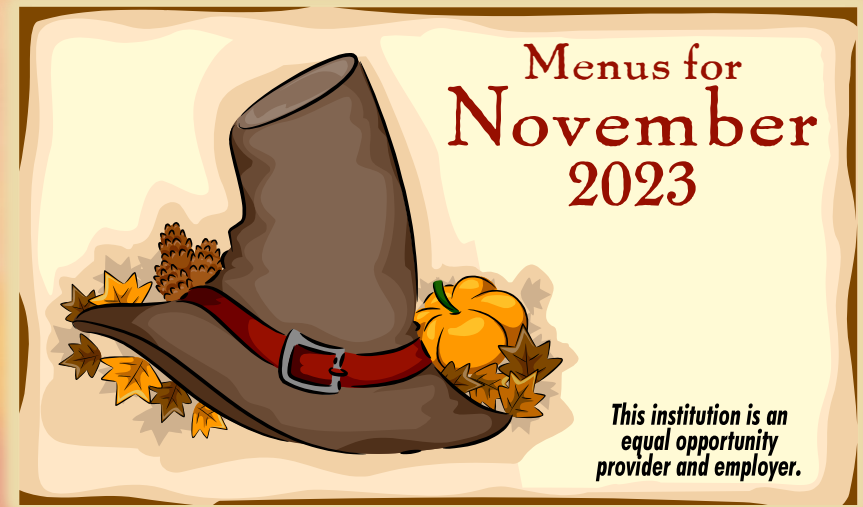


Whiteside Elementary School



Wed., November 1

Breakfast

Pancake & Sausage Stick

Lunch

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

Thursday, November 2

Breakfast

Banana Muffins

Lunch

-Bosco Sticks & Sauce
-Hot Dog on Bun
-Caesar Salad & Bosco Stick
-Deli Sandwich
Fresh Broccoli
Chilled Peaches
Cold Milk

Friday, November 3

Breakfast

Cheesy Scrambled Eggs
& Biscuit

Lunch

-Soft Beef Tacos
-Fish Sticks and Cornbread
-Chef Salad & Bosco Stick
-Deli Sandwich
Fiesta Beans
Fresh Apple
Cold Milk

We offer General Mills
Cereal and Cereal Bars
as additional
Entrée choices.
Breakfast includes
milk, fruit and
juice choice.

Monday, November 6

Breakfast

Breakfast Pizza

Lunch

-Sausage Pizza
-Corn Dog
-Popcorn Chicken Salad
-Deli Sandwich
Seasoned Carrots
Mixed Fruit
Cold Milk

Tuesday, November 7

Breakfast

Cinnamon Roll

Lunch

-French Toast Sticks &
Sausage
-Ham & Cheese Croissant
Caesar Salad & Bosco Stick
-Deli Sandwich
Green Beans
Chilled Applesauce
Gogurt Yogurt
Cold Milk

Wed., November 8

Breakfast

Bacon, Egg & Cheese Biscuit

Lunch

-Chicken Nuggets & Macaroni
-Meatball Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Steamed Broccoli
Frozen Juice Cup
Cold Milk

Thursday, November 9

Breakfast

Mini Pancakes & Syrup

Lunch

-Cheeseburger
-Breaded Chicken Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Tator Tots
Chilled Peaches
Cold Milk

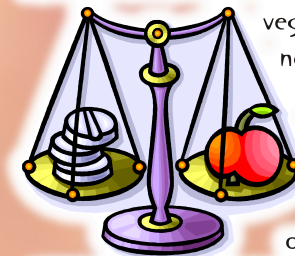
Friday, November 10

**Thank
You**



BALANCING ACT.

Should kids take a vitamin pill every day? Fussy eaters and kids who don't eat a lot of fruits,



veggies, and grains might need a daily vitamin.

But kids who eat a reasonably healthy and balanced diet probably don't need one. Ask your doctor.

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