



## Integration: South HS Breakfast - November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Nov 1, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 2, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Corn Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 3, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Waffle Grahams</li> <li>• Oranges (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Closed
Nov 5, 2023	Nov 6, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Assorted Yogurt</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Nov 7, 2023 Closed	Nov 8, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Blueberry Mini Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 9, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Corn Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 10, 2023 <ul style="list-style-type: none"> <li>• Assorted Yogurt</li> <li>• WGR Granola Bar, Asstd</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 11, 2023 Closed
Nov 12, 2023	Nov 13, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Corn Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 14, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Assorted Yogurt</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Nov 15, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 16, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Blueberry Mini Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 17, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Waffle Grahams</li> <li>• Oranges (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Nov 18, 2023 Closed
Nov 19, 2023	Nov 20, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Assorted Yogurt</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Nov 21, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 22, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Blueberry Mini Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 23, 2023 Closed	Nov 24, 2023 Closed	Nov 25, 2023 Closed
Nov 26, 2023	Nov 27, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Blueberry Mini Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 28, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Assorted Yogurt</li> <li>• Whole Grain Bread</li> <li>• Bananas (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Nov 29, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• Whole Grain Bread</li> <li>• Oranges (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 30, 2023 <ul style="list-style-type: none"> <li>• WGR Cereal</li> <li>• WGR Corn Loaf</li> <li>• Pears (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>		

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## Integration: South HS Lunch - November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Nov 1, 2023 <ul style="list-style-type: none"> <li>• Turkey Ham</li> <li>• Whole Grain Bread (2)</li> <li>• Cheese Slice</li> <li>• Green Beans</li> <li>• Wheat Thins</li> <li>• Bananas (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 2, 2023 <ul style="list-style-type: none"> <li>• Beef Hot Dog</li> <li>• Mixed Vegetables</li> <li>• Potato Nuggets</li> <li>• WGR Hot Dog Bun</li> <li>• Apple</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 3, 2023 <ul style="list-style-type: none"> <li>• Oven Fried Chicken</li> <li>• Brown Rice and Beans</li> <li>• Sweet Potato</li> <li>• Pear</li> <li>• Whole Grain Bread</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Closed
Nov 5, 2023	Nov 6, 2023 <ul style="list-style-type: none"> <li>• Whole Grain Chicken Fingers</li> <li>• Sweet Potato Fries</li> <li>• WGR Corn Loaf</li> <li>• Fresh Plum (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Nov 7, 2023	Nov 8, 2023 <ul style="list-style-type: none"> <li>• Turkey</li> <li>• Whole Grain Bread (2)</li> <li>• Broccoli</li> <li>• WGR Cheez-it Crackers</li> <li>• Bananas (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 9, 2023 <ul style="list-style-type: none"> <li>• Beef Empanada</li> <li>• Pinto Beans</li> <li>• Mixed Vegetables</li> <li>• Spanish Rice</li> <li>• Orange</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 10, 2023 <ul style="list-style-type: none"> <li>• WGR Macaroni and Cheese</li> <li>• Green Beans</li> <li>• Whole Grain Bread</li> <li>• Clementine (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Nov 11, 2023
Nov 12, 2023	Nov 13, 2023 <ul style="list-style-type: none"> <li>• Roasted Chicken Thigh</li> <li>• Whole Grain Pasta</li> <li>• Green Beans</li> <li>• Pear</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 14, 2023 <ul style="list-style-type: none"> <li>• WGR Spaghetti and Meatballs</li> <li>• Broccoli</li> <li>• Whole Grain Bread</li> <li>• Clementine (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 15, 2023 <ul style="list-style-type: none"> <li>• Turkey Ham</li> <li>• Whole Grain Bread (2)</li> <li>• Cheese Slice</li> <li>• Green Beans</li> <li>• Wheat Thins</li> <li>• Bananas (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 16, 2023 <ul style="list-style-type: none"> <li>• Burger W/ WGR Bun:</li> <li>• Cheese Slice</li> <li>• Tater Tots</li> <li>• Fresh Apple</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Nov 17, 2023 <ul style="list-style-type: none"> <li>• WW Cheese Pizza</li> <li>• Broccoli</li> <li>• Banana</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 18, 2023
Nov 19, 2023	Nov 20, 2023 <ul style="list-style-type: none"> <li>• Whole Grain Chicken Fingers</li> <li>• Brown Rice and Beans</li> <li>• Sweet Potato Fries</li> <li>• Pear</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Nov 21, 2023 <ul style="list-style-type: none"> <li>• Jamaican Beef Patty</li> <li>• Green Beans</li> <li>• Whole Grain Bread</li> <li>• Clementine (2)</li> <li>• Skim Milk</li> <li>• Milk 1% low-fat</li> </ul>	Nov 22, 2023 <ul style="list-style-type: none"> <li>• Turkey</li> <li>• Whole Grain Bread (2)</li> <li>• Broccoli</li> <li>• WGR Cheez-it Crackers</li> <li>• Bananas (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 23, 2023	Nov 24, 2023	Nov 25, 2023
Nov 26, 2023	Nov 27, 2023 <ul style="list-style-type: none"> <li>• Roasted Chicken Thigh</li> <li>• WGR Pasta w/Olive Oil</li> <li>• Baby Carrots</li> <li>• Pear</li> <li>• Whole Grain Bread</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 28, 2023 <ul style="list-style-type: none"> <li>• Salisbury Steak</li> <li>• Mashed Potatoes</li> <li>• Collard Greens</li> <li>• Whole Grain Bread</li> <li>• Orange</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 29, 2023 <ul style="list-style-type: none"> <li>• Turkey Ham</li> <li>• Whole Grain Bread (2)</li> <li>• Cheese Slice</li> <li>• Green Beans</li> <li>• Wheat Thins</li> <li>• Bananas (2)</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>	Nov 30, 2023 <ul style="list-style-type: none"> <li>• Beef Hot Dog</li> <li>• Mixed Vegetables</li> <li>• Potato Nuggets</li> <li>• WGR Hot Dog Bun</li> <li>• Apple</li> <li>• Milk 1% low-fat</li> <li>• Skim Milk</li> </ul>		

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