





# November 2022 CMS 10-24-22

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>SPV – Baby Carrots</b> 7</p> <p>Sweet &amp; Sour Popcorn Chicken with Brown Rice Or- Sunbutter &amp; Jelly Sandwich w/a Cheese Stick Or- Yogurt &amp; Cheese Stick with Assorted WG Bread Steamed Broccoli Chilled Pears</p> 	<p>8</p> <p>Crispy Fish Sandwich with Cheese on a WG Bun Or- Turkey &amp; Cheese Hoagie Or- Yogurt &amp; Cheese Stick with a WG Soft Pretzel Jazz'd Waffle Fries Mixed Fruit</p>	<p>9</p> <p>Walking Taco with a Lettuce &amp; Cheese Cup  Or- Chicken Salad on 9 Grain Or- Yogurt &amp; Cheese Stick with Assorted WG Bread Chili Beans Banana</p>	<p>10</p> <p>Chicken Fried Chicken with Gravy and Assorted WG Bread Or- Italian Hoagie   Or- Yogurt &amp; Sunflower Seeds with Assorted WG Bread Sweet Potato Wedges Chilled Peaches</p>	<p><b>Veterans Day</b> 11</p> <p>Cheeseburger on a WG Bun  Or- <i>New Item!</i> Hummus Cup with a WG Soft Pretzel Or- Yogurt &amp; Cheese Stick with a WG Soft Pretzel Iceberg Salad Blueberries</p>
<p><b>SPV – Grape Tomatoes</b> 14</p> <p>Corn Dog on a Stick (Chicken) Or- Sunbutter &amp; Jelly Sandwich w/a Cheese Stick Or- Yogurt &amp; Cheese Stick with Assorted WG Bread Baked Beans Mandarin Oranges</p>	<p>15</p> <p>Crispy Chicken Sandwich on a WG Bun Or- Turkey &amp; Cheese Hoagie Or- Yogurt &amp; Cheese Stick with a WG Soft Pretzel Steamed Carrots Chilled Pears</p>	<p>16</p> <p>Pizza Hut Pizza with Assorted WG Bread Or- Tuna Salad on 9 Grain Or- Yogurt &amp; Cheese Stick with Assorted WG Bread Romaine Salad with Croutons Applesauce</p>	<p><b>Thanksgiving Meal</b> 17</p> <p>Roasted Turkey with Gravy &amp; a WG Ciabatta Roll Or- Yogurt &amp; Cheese Stick with A WG Ciabatta Roll Mashed Potatoes with Gravy Apple Crisp Vanilla Ice Cream Cup</p>	<p>18</p> <p>Meatball Sub with Mozzarella Cheese   Or- <i>New Item!</i> Hummus Cup with Assorted WG Bread Or- Yogurt &amp; Cheese Stick with Assorted WG Bread Seasoned Green Beans Strawberries</p>
<p><b>SPV – Baby Carrots</b> 21</p> <p>WG Pancakes with a Sausage Patty Or- Sunbutter &amp; Jelly Sandwich w/a Cheese Stick Or- Yogurt &amp; Cheese Stick w/Assorted WG Bread Sweet Potato Tots Chilled Peaches</p>	<p>22</p> <p>Grilled Cheese Sandwich Or- Turkey &amp; Cheese Hoagie Or- Yogurt &amp; Cheese Stick with Assorted WG Bread Golden Corn Fruit Medley</p>	<p><b>Westside No School</b> 23</p>	<p><b>Westside No School</b> 24</p> <p><b>Thanksgiving Day</b></p> 	<p><b>Westside No School</b> 25</p> <p><b>Native American Heritage Day</b></p>
<p><b>SPV – Grape Tomatoes</b> 28</p> <p>Breaded Mozzarella Cheese Sticks Or- Sunbutter &amp; Jelly Sandwich w/a Cheese Stick Or- Yogurt &amp; Cheese Stick with Assorted WG Bread Mixed Vegetables Mixed Fruit</p>	<p>29</p> <p>Chicken Noodle Soup with WG Garlic Bread Or- Turkey &amp; Cheese Hoagie Or- Yogurt &amp; Cheese Stick with WG Garlic Bread Steamed Carrots Crisp Apple</p>	<p>30</p> <p>Pepperoni Pizza Calzone   Or- Chicken Salad on 9 Grain Or- Yogurt &amp; Cheese Stick with Assorted WG Bread Broccoli Banana</p>	<p>1</p> <p>BBQ Chicken Drumstick w/Assorted WG Bread  Or- Italian Hoagie   Or- Yogurt &amp; Sunflower Seeds with Assorted WG Bread Cowboy Beans Chilled Pears</p>	<p>2</p> <p>Chili Mac with Pasta with a WG Breadstick  Or- <i>New Item!</i> Hummus Cup with a WG Breadstick Or- Yogurt &amp; Cheese Stick with a WG Breadstick Tater Tots Blueberries</p>

8 oz. nonfat flavored or 1% unflavored milk served daily. Menus subject to change.  Denotes PORK in main entrée.  Denotes BEEF in product **WG** = Whole Grain  
Please note: Menus are subject to change based on product availability. Please visit <https://westsidecommunityschoolsne.mealviewer.net/#home> for the most up-to-date menus.  
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