

November 2016

Willcox Elementary School

Home of the Cowkids

Monday

Tuesday

Wednesday

Thursday

Friday

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|--|--|--|--|----------------------------------|
| | 1 Pepperoni Pizza, Chicken Patty Sandwich, Crispy Chicken Wrap Sides: Carrots, Fruit | 2 Breakfast for Lunch, Cheeseburger, Ham & Cheese Wrap Sides: Corn & Fruit | 3 Beef Dippers & Rice, Corn Dog, Turkey & Cheese Wrap SIDES: Spinach & Fruit | 4 |
| 7 Cheese Pizza, Grilled Ham & Cheese, PBJ on WG Bread SIDES: Potatoes & Fruit | 8 Spaghetti, Chicken Patty Sandwich, or Crispy Chicken Wrap SIDES: Broccoli & Fresh Fruit | 9 Turkey, Potato & Gravy, BBQ Rib Sandwich, Ham & Cheese Sandwich Sides: Yams & Fruit | 10 No School Today. Veteran's Day | 11 Enjoy your week! |
| 14 Cheese Enchilada Casserole Twisted Hot Dog, OR Yogurt, Cheese & Cracker SIDES: Potato & Fruit | 15 Pepperoni Pizza Chicken Patty Sandwich, Club Wrap SIDES: Cucumbers & Fruit | 16 Mac & Cheese w/FISH sticks, Meatball Sub, Chicken Wrap, SIDES: Beans & Fruit | 17 Breakfast for lunch, Cheese Quesadilla, American Wrap SIDES: Carrots & Fruit | 21 |
| 21 Chicken Nuggets Cheeseburger, Or Chef Salad SIDES Potatoes & Canned Fruit | 22 Spaghetti, Chicken Patty Sandwich, or Crispy Chicken Wrap SIDES: Broccoli & Fresh Fruit | 23 NO SCHOOL | 24 | 28 |
| 28 , Fish Sandwich, Hot Dog on WG Bun, Italian Sub, SIDES: Green Beans & Fruit | 29 Pepperoni Pizza, Chicken Patty Sandwich, Crispy Chicken Wrap Sides: Carrots, Fruit | 30 Fish Sticks & Fries, Cheeseburger, Ham & Cheese Wrap Sides: Corn & Fruit | 1 Beef Dippers & Rice, Corn Dog, Turkey & Cheese Wrap SIDES: Spinach & Fruit | |

DON'T FORGET YOUR

FRUITS AND VEGETABLES!

What fruit starts with "G"?

You are now required to take a fruit or a vegetable with all meals to comply with HHFKA and USDA Federal regulations.

We offer a variety of fruits and vegetables daily on our Garden Bar. Please serve yourself.

We offer fat-free flavored milks along with 1% white and fat-free white milk with all meals.

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