



Ilwaco High School MENU November 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Pancakes, Hard Boiled Egg, Fruit Cup</p> <p>Teriyaki Chicken, Yakisoba Noodles, Rice and Oriental Veggies</p>	<p>2 Breakfast on a Stick, Applesauce, Fruit Juice</p> <p>Popcorn Chicken, Mashed Potatoes, Corn</p>
<p>5 Assorted Cereal, Fruit</p> <p>Spaghetti with Chicken Alfredo or Meat Sauce, Steamed Veggies, Garlic Toast</p>	<p>6 Banana Bread, Juice</p> <p>Chicken or Beef Taco, Pinto Beans, Green Salad</p>	<p>7 Cheese Omelet, Mixed Fruit, Biscuits</p> <p>Beef or Chicken Nachos, Refried Beans, Green Salad</p>	<p>8 Blueberry Muffin, Hard-Boiled Egg</p> <p>Orange Chicken, Rice or Noodles and Oriental Veggies</p>	<p>9 Blanket Wrapped Eggs, Apple Sauce</p> <p>BBQ Beef Sandwich, Jo-Jos, Coleslaw</p>
<p>12  Veteran's Day No School</p>	<p>13 Assorted Cereal, Fruit Cup</p> <p>Taco Tuesday, Tater Tots</p>	<p>14 Scrambled Eggs, Sausage Patty with Cheese</p> <p>Beef Nachos, Refried Beans</p>	<p>15 Oatmeal, Boiled Egg</p> <p>Noodles or Rice, Sweet & Sour Chicken, Oriental Veggies</p>	<p>16 Pancakes, Hard-Boiled Egg, Fruit Cup</p> <p>Roast Turkey, Mashed Potatoes with Gravy, Green Beans</p>
<p>19 Hash Brown, Sausage, Eggs</p> <p>Meat Sauce with Penne Noodles, Green Peas, Garlic Bread</p>	<p>20 Pancakes and Strawberries</p> <p>Meatball Sub, Jo-Jos, Peas and Carrots</p>	<p>21 Breakfast Pizza</p> <p>Beef or Chicken Nachos, Refried Beans, Tater Tots</p>	<p>22  Happy Thanksgiving Thanksgiving – No School</p>	
<p>26 Assorted Cereal, Fruit Cup</p> <p>Diced Chicken with Red or Alfredo Sauce over Pasta, Steamed Veggies and Garlic Bread</p>	<p>27 Cheese Omelet, Hash Browns</p> <p>Taco Tuesday, Tater Tots, Green Salad</p>	<p>28 Blueberry Muffin, Hard-Boiled Egg</p> <p>Chicken Nachos, Refried Beans</p>	<p>29 Cinnamon Roll, Fruit</p> <p>Orange Chicken, Steamed Rice, Oriental Veggies</p>	<p>30 Breakfast Burrito</p> <p>Meatloaf, Mashed Potatoes, Mixed Veggies</p>

USDA is an Equal Opportunity Provider

MENU SUBJECT TO CHANGE

Salad bar available daily. Choice of non-fat chocolate or 1% white milk served with every meal.

Parents may arrange to eat meals with your student by calling the school. Adult meals – \$4.75.

The supper program is offered at Ocean Park Elementary, Long Beach Elementary and Ilwaco High School.