



Muffins, pop tarts, honey bun, bagel/cream cheese, cereal, fresh fruit, juice & milk* offered daily as breakfast choices.
*8 oz.— 1% white, non-fat chocolate or lactose-free milk.



Breakfast & Lunch Menu Selah High School November 2019



Pizza, deli sandwich**, salad, carrots, sunflower seeds, fresh fruit & milk* offered daily with lunch.
*8 oz.— 1% white, non-fat chocolate, or lactose-free milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Word of the Month: Accountability.....doing what you say you will do. This institution is an equal opportunity provider and employer. Menu items may change without notice.</p>				<p>1) Breakfast - Sausage/Cheese Omelet Breakfast Sandwich</p> <p>Lasagna/Garlic Toast Chicken Tender Sandwich Turkey Ciabatta</p> <p><i>Choice of: green peppers, tropical fruit mix</i></p>
<p>4) Breakfast - Pancake/Sausage Stick/ Syrup</p> <p>Biscuits and Gravy/Hashbrown French Bread Pizza Fiesta Chicken Salad/WG Roll</p> <p><i>Choice of: green beans, plums</i></p>	<p>5) Breakfast - Honey Bun</p>	<p>6) Breakfast - Cinnamon Pull Apart</p>	<p>7) Breakfast - Bagel, Cream Cheese</p>	<p>8) Breakfast - French Toast Sticks, Syrup</p>
<p>Conference Week Early Dismissal — No Lunch Served</p>				
<p>11) No School</p> 	<p>12) Breakfast - Homemade Muffin</p> <p>Mac n Cheese Chickenwich Fresh Turkey Sandwich</p> <p><i>Choice of: celery, fresh pineapple</i></p>	<p>13) Breakfast - Bagel/Cream Cheese</p> <p>Chicken Noodle Stir fry Guacamole Burger Chicken Caesar Wrap</p> <p><i>Choice of: peas, peaches</i></p>	<p>14) Breakfast - Pancakes, Syrup</p> <p>Beef Enchilada Chicken Nuggets/Garlic Toast Chicken Salad Croissant</p> <p><i>Choice of: refried beans, mixed fruit</i></p>	<p>15) Breakfast - Waffles, Syrup</p> <p>Dominos Pizza Chicken Drumstick/WG Roll Pad Thai</p> <p><i>Choice of: peppers, tropical fruit mix</i></p>
<p>18) Breakfast - Ham/Cheese Omelet Breakfast Sandwich</p> <p>Pulled Pork Sandwich Mini Corn Dogs Meatball Sub</p> <p><i>Choice of: cauliflower, peaches</i></p>	<p>19) Breakfast - Apple Cinnamon Breakfast Square</p> <p>Beef & Bean Burrito Chicken Cordon Bleu Buffalo Chicken Salad</p> <p><i>Choice of: garbanzo beans, orange wedges</i></p>	<p>20) Breakfast - French Toast, Syrup</p> <p>Turkey Gravy/Whole Grain Roll Hamburger</p> <p>*Pumpkin Bars*</p> <p><i>Choice of: broccoli, banana</i></p>	<p>21) Breakfast - Breakfast Pizza</p> <p>Baked Ziti/Breadstick Chicken Tender Basket SW Chicken Salad/WG Roll</p> <p><i>Choice of: jicama, pears</i></p>	<p>22) Breakfast - Pancakes, Syrup</p> <p>Shepherds Pie Hot Dog Philly Steak Sandwich</p> <p><i>Choice of: corn, applesauce cups</i></p>
<p>25) Breakfast - Pancakes/Sausage Stick/Syrup</p> <p>Cheeseburger Sliders Popcorn Chicken/Garlic Toast Ham & Swiss Deli Sandwich</p> <p><i>Choice of: celery, mixed fruit</i></p>	<p>26) Breakfast - Yogurt, Cereal</p> <p>Dominos Pizza BBQ Chicken Sandwich Spicy Chicken Wrap</p> <p><i>Choice of: baked beans, mandarin orange fruit mix</i></p>	<p>27) Breakfast -Homemade muffin</p> <p>Cheese Zombies Chicken/Cheese/Bean Burrito Chef Salad/Whole Grain Roll</p> <p><i>Choice of: tomato soup, fresh pear</i></p>	<p>28)</p> 	<p>29)</p> 