

# WELLMAN UNION CAFE

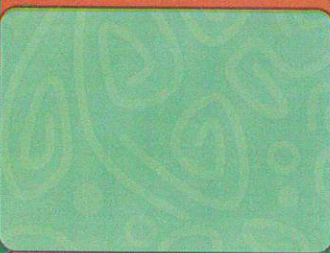
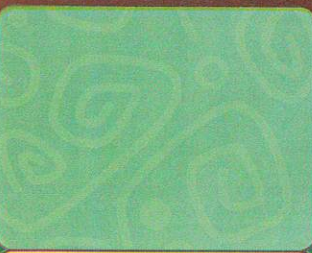
## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



1<sup>ST</sup> Sausage-  
Biscuit  
or  
Breakfast  
Parfait

2<sup>ND</sup> Breakfast-  
Combo  
or  
Breakfast Crackers  
Cheese Stick

3<sup>RD</sup> Oatmeal  
Cinnamon Toast  
or  
Muffin  
Yogurt

6<sup>TH</sup> Breakfast-  
Pizza  
or  
Cereal Variety  
Toast

7<sup>TH</sup> French Toast  
Sausage  
or  
Breakfast Bread  
Yogurt

8<sup>TH</sup> Biscuit Gravy  
Scrambled Eggs  
Bacon  
or  
Muffin  
Yogurt

9<sup>TH</sup> Sunrise-  
Sandwich  
or  
Breakfast Crackers  
Cheese Stick

10<sup>TH</sup> Cheesy Toast  
Sausage  
or  
Breakfast Round  
Yogurt

13<sup>TH</sup> Waffles  
Bacon  
or  
Cereal Variety  
Toast

14<sup>TH</sup> Breakfast  
Taquito  
or  
Breakfast Strudel  
Cheese Stick

15<sup>TH</sup> Chicken -n-  
Biscuit  
or  
Breakfast  
Parfait

16<sup>TH</sup> Peanut Butter  
& Jelly Sandwich  
or  
Breakfast Bread  
Yogurt

17<sup>TH</sup> Donut  
Sausage  
or  
Muffin  
Yogurt

20<sup>TH</sup>  
**THANKSGIVING  
BREAK**

21<sup>ST</sup>  
**THANKSGIVING  
BREAK**

22<sup>ND</sup>  
**THANKSGIVING  
BREAK**

23<sup>RD</sup>  
**THANKSGIVING  
BREAK**

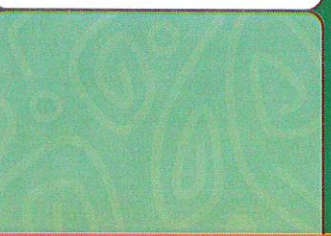
24<sup>TH</sup>  
**THANKSGIVING  
BREAK**

27<sup>TH</sup> Sausage-  
Kolache  
or  
Cereal Variety  
Toast

28<sup>TH</sup> Cheese Omelet  
Toast  
or  
Breakfast Bread  
Yogurt

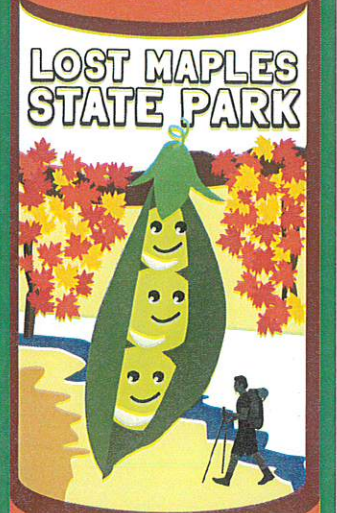
29<sup>TH</sup> Morning Griddle  
Sandwich  
or  
Muffin  
Yogurt

30<sup>TH</sup> Breakfast-  
Pizza  
or  
Breakfast Crackers  
Cheese Stick



# NOV

## MENU 2023



### ANNOUNCEMENTS:

White, Chocolate,  
and Strawberry Milk  
Served Daily

Fresh Fruit and Juice  
Served Daily

\*Menu is Subject to  
Change



Food and Nutrition Division  
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Updated 11/1/2023  
www.SquareMeals.org



# WELLMAN UNION CAFE

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1<sup>ST</sup> Cheesy Bread Stick  
Marinara Sauce  
Broccoli  
Cinnamon-  
Applesauce

2<sup>ND</sup> Boneless Chicken-  
Wings  
Chips  
Celery / Carrots  
Mixed Fruit  
Frozen Yogurt Cup

3<sup>RD</sup> Chicken Parmesan  
Savory Green Beans  
Corn  
Roll  
Peaches

6<sup>TH</sup> Oven Fried  
Chicken  
Mashed Potatoes  
Tomato Cup  
Fruit Cup

7<sup>TH</sup> Nacho Grande  
Salsa  
Refried Beans  
Cucumbers  
Apricots  
Ice Cream Cup

8<sup>TH</sup> Spaghetti Bowl  
Bread Stick  
Fresh Veggie Cup  
Garden Salad  
Fruity Gelatin

9<sup>TH</sup> Mexican Combo-  
Plate  
Broccoli  
Corn  
Mandarin Oranges

10<sup>TH</sup> Cheeseburger-  
Macaroni /Brownie  
Roll /Carrots (K-12)  
Savory Green Beans  
Fresh Seasonal Fruit  
Teddy Grahams(PreK)

13<sup>TH</sup> Fish Sticks  
Oven Fries  
Okra  
Roll  
Strawberries

14<sup>TH</sup> Grilled Cheese  
Beans  
Carrots  
Tomato Cup  
Hot Cinnamon Apples  
Frozen Yogurt Cup

15<sup>TH</sup> Pizza  
Garden Salad  
Savory Green Beans  
Peaches

16<sup>TH</sup> Ranchero Wrap  
Crunchy Broccoli Salad  
Fresh Apple Slices  
Cookies (K-12)  
Animal Crackers (PreK)

17<sup>TH</sup> Hot Dog  
Oven Fries  
Tomato Cup  
Snowball Salad

20<sup>TH</sup>  
**THANKSGIVING  
BREAK**

21<sup>ST</sup>  
**THANKSGIVING  
BREAK**

22<sup>ND</sup>  
**THANKSGIVING  
BREAK**

23<sup>RD</sup>  
**THANKSGIVING  
BREAK**

24<sup>TH</sup>  
**THANKSGIVING  
BREAK**

27<sup>TH</sup> Meat & Cheese-  
Chalupas /Salsa  
Spanish Rice(HS)  
Refried Beans  
Corn /Pudding  
Orange Smiles

28<sup>TH</sup> Chili Cheese-  
Totchos  
Corn Bread  
Fresh Veggie Cup  
Potatoes  
Strawberries & Bananas

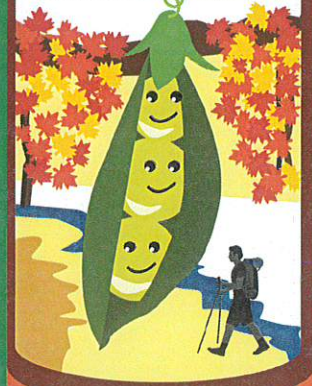
29<sup>TH</sup> Chicken Nuggets  
Mac and Cheese  
Carrots  
Squash  
Grapes

30<sup>TH</sup> Cheeseburger  
Chips  
Tomato Cup  
Garden Salad  
Pears

# NOV

## MENU 2023

### LOST MAPLES STATE PARK



#### ANNOUNCEMENTS:

White Milk Served  
Daily (PreK)

White, Chocolate,  
and Strawberry Milk  
Served Daily (K-12)

Fresh Fruit and Juice  
Served Daily (HS)

\*Menu is Subject to  
Change



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National School Lunch Program



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