

WELLMAN UNION CAFE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NOV

MENU 2022

GEAR UP FOR TURKEY TROT



ANNOUNCEMENTS

White, Chocolate,
and Strawberry
Milk Served Daily

Fresh Fruit and
Juice
Served Daily

* Menu is Subject
to Change

1ST Breakfast
Burrito
Hashbrown
or
Breakfast Crackers
Cheese Cubes

2ND Early Bird
Sandwich
or
Muffin
Yogurt

3RD Stuffed Bagel
Cheese Stick
or
Breakfast Bread
Yogurt

4TH Donut Holes
Sausage
or
Breakfast Round
Yogurt

7TH Breakfast
Pizza
or
Cereal Variety
Toast

8TH French Toast
Sausage
or
Breakfast Crackers
Cheese Stick

9TH Biscuit Gravy
Scrambled Eggs
Bacon
or
Muffin
Yogurt

10TH Sunrise
Sandwich
or
Breakfast Bread
Yogurt

11TH Cheesy Toast
Sausage
or
Breakfast Round
Yogurt

14TH Waffles
Bacon
or
Cereal Variety
Toast

15TH Breakfast
Taquito
or
Breakfast Bread
Yogurt

16TH Sausage
Biscuit
or
Breakfast
Parfait

17TH Peanut Butter &
Jelly Sandwich
or
Breakfast Crackers
Cheese Stick

18TH
HOLIDAY

21ST
**THANKSGIVING
HOLIDAY**

22ND
**THANKSGIVING
HOLIDAY**

23RD
**THANKSGIVING
HOLIDAY**

24TH
**THANKSGIVING
HOLIDAY**

25TH
**THANKSGIVING
HOLIDAY**

28TH Sausage
Kolache
Yogurt
or
Cereal Variety
Toast

29TH Cheese Omelet
Toast
or
Breakfast Strudel
Cheese Stick

30TH Morning Griddle
Sandwich
or
Muffin
Yogurt



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program



Updated 11/1/2022
www.SquareMeals.org

WELLMAN UNION CAFE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NOV

MENU 2022

GEAR UP FOR TURKEY TROT

MARATHON



ANNOUNCEMENTS:
White Milk Served
Daily (Pre-K)

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

Fresh Fruit and Juice
Served Daily (HS)

* Menu is Subject to
Change

1ST Monte Cristo
Baked Beans
Fresh Veggie Cup
Chilled Pineapple
Cookies (K-12)
Teddy Grahams(Pre-K)

2ND Cheesy
Breadsticks
Marinara Sauce
Broccoli
Cinnamon
Applesauce

3RD Boneless Chicken
Wings
Chips
Celery Carrots
Mixed Fruit
Sherbet

4TH Chicken
Parmesan
Roll
Savory Green Beans
Corn
Peaches

7TH Oven Fried
Chicken
Mashed Potatoes
Tomato Cup
Roll
Fruit Cup

8TH Nacho Grande
Salsa
Refried Beans
Cucumbers
Apricots
Ice Cream Cup

9TH Spaghetti Bowl
Breadstick
Fresh Veggie Cup
Garden Salad
Fruity Gelatin

10TH Mexican Combo
Plate
Broccoli
Corn
Mandarin Oranges

11TH Cheeseburger
Macaroni
Green Beans Carrots
Brownie(K-12) Roll
Fresh Seasonal Fruit
Animal Crackers(PreK)

14TH Fish Sticks
Oven Fries
Okra
Roll
Strawberries

15TH Grilled Cheese
Beans
Carrots
Tomato Cup
Hot Cinnamon Apples
Frozen Yogurt Cup

16TH Pizza
Garden Salad
Savory Green Beans
Peaches

17TH Burrito
Corn
Crunchy Broccoli Salad
Fresh Apple Slices
Cookies (K-12)
Graham Crackers(PreK)

18TH
HOLIDAY

21ST
**THANKSGIVING
HOLIDAY**

22ND
**THANKSGIVING
HOLIDAY**

23RD
**THANKSGIVING
HOLIDAY**

24TH
**THANKSGIVING
HOLIDAY**

25TH
**THANKSGIVING
HOLIDAY**

28TH Meat & Cheese
Chalupas
Spanish Rice(HS) Salsa
Refried Beans
Orange Smiles
Corn Pudding

29TH Chili Cheese
Totchos
Cornbread
Fresh Veggie Cup
Potatoes
Strawberries & Bananas

30TH Chicken
Nuggets
Mac and Cheese
Carrots
Squash
Grapes



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