WELLMAN UNION CAFE MONDAY TUESDAY WEDNESDAY 1ST Breakfast 2ND Early Bird Burrito Sandwich Hashbrown or or Muffin Breakfast Crackers Yogurt

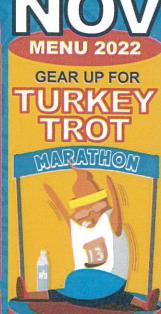
3RD Stuffed Bagel Cheese Stick or Breakfast Bread

Yogurt

THURSDAY

4TH Donut Holes Sausage or Breakfast Round **Yogurt**

FRIDAY



7TH Breakfast Pizza or Cereal Variety Toast

8TH French Toast Sausage or **Breakfast Crackers** Cheese Stick

15[™] Breakfast

Cheese Cubes

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

21ST

Taquito or Cereal Variety Breakfast Bread Toast Yogurt

16TH Sausage **Biscuit** or

Breakfast Parfait

23RD

17TH Peanut Butter & Jelly Sandwich or

Breakfast Crackers Cheese Stick

HOLIDAY

THANKSGIVING HOLIDAY

THANKSGIVING HOLIDAY

THANKGIVING HOLIDAY

THANKSGIVING HOLIDAY

24TH

25TH

18TH

THANKSGIVING HOLIDAY

ANNOUNCEMENTS

White, Chocolate, and Strawberry Milk Served Daily

Fresh Fruit and Juice Served Daily

* Menu is Subject to Change

28[™] Sausage

Kolache Yogurt

or

Cereal Variety Toast

29TH Cheese Omelet Toast

or

22ND

Breakfast Strudel

Cheese Stick

30TH Morning Griddle Sandwich

or Muffin

Yogurt



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Updated 11/1/2022 www.SquareMeals.org

WELLMAN UNION CAFE MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY **MENU 2022** 2ND Cheesy 1ST Monte Cristo 3RD Boneless Chicken 4TH Chicken **Baked Beans Breadsticks** Wings Parmesan **GEAR UP FOR** Fresh Veggie Cup Marinara Sauce Chips Roll Chilled Pineapple Broccoli Savory Green Beans Celery Carrots Cookies (K-12) Cinnamon Mixed Fruit Corn Teddy Grahams(Pre-K) **Applesauce** Sherbet **Peaches** MARATHOM 7TH Oven Fried 8TH Nacho Grande 9TH Spaghetti Bowl 10TH Mexican Combo 11TH Cheeseburger Chicken Salsa Breadstick Plate Macaroni Mashed Potatoes Refried Beans Fresh Veggie Cup Broccoli Green Beans Carrots Tomato Cup Cucumbers Garden Salad Corn Brownie(K-12) Roll Roll Apricots Fruity Gelatin **Mandarin Oranges** Fresh Seasonal Fruit Fruit Cup Ice Cream Cup Animal Crackers(PreK) 14TH Fish Sticks 15TH Grilled Cheese 16TH Pizza 17TH Burrito 18TH Oven Fries Beans Garden Salad Corn Okra Carrots Savory Green Beans Crunchy Broccoli Salad **HOLIDAY ANNOUNCEMENTS:** Roll Tomato Cup Peaches Fresh Apple Slices White Milk Served Strawberries Hot Cinnamon Apples Cookies (K-12) Daily (Pre-K) Frozen Yogurt Cup Graham Crackers(PreK) 21ST 22ND 23RD 25TH 24TH White, Chocolate, and Strawberry Milk **THANKSGIVING** Served Daily (K-12) **THANKSGIVING** THANKSGIVING **THANKSGIVING THANKGIVING HOLIDAY HOLIDAY HOLIDAY HOLIDAY** HOLIDAY Fresh Fruit and Juice Served Daily (HS) 28TH Meat & Cheese 30[™] Chicken 29TH Chili Cheese * Menu is Subject to Chalupas Totchos **Nuggets** Change Spanish Rice(HS) Salsa Cornbread Mac and Cheese Refried Beans Fresh Veggie Cup Carrots **Orange Smiles Potatoes** Squash



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Pudding

Strawberries & Bananas

Grapes