

# NOVEMBER | 2022

## Heir Force Community School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31	WG 3-Cheese Calzone 32 Marrinara Cup 4 Sweet Potato Wedges 25 Fresh Grapes 14 WG Cookie 18 Choice of Milk	1	"Generals Bowl" 49.5 WG Dinner Roll 12 Diced Peaches 14 Choice of Milk	2	WG Spicy Chicken Patty 15 WG Hamburger Bun 25 Lettuce 1 / Tomato 2 / Pickle 0 Mayo Pkt 2 Green Beans 4 100% Fruit Juice Slushie 22 Choice of Milk	3	WG Taco Stick 32 Refried Beans 24 Mixed Salad 3 Ranch Dressing Pkt 4 Strawberry Applesauce 15 Choice of Milk	4	Mini Meatballs 2 w/ Marinara 4 WG Roll 12 Steamed Broccoli 7 Fresh Baby Carrots 9 Fresh Banana 27 Choice of Milk
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7	WG Chicken Drumstick 6 Baked Vegetarian Beans 29 Coleslaw 14 Diced Peaches 14 WG Bug Bite Crackers 21 Choice of Milk	8	WG Bosco Sticks 34 Marrinara Sauce 10 Fresh Broccoli 11 w/ Dip 5 Seasoned Carrots 4 Tropical Fruit 15 Choice of Milk	9	WG Macaroni & Cheese 43 Mixed Vegetables 15 WG Cookie 18 Diced Pears 20 Choice of Milk	10	WG French Toast Sticks 26 Turkey Sausage Links 0 Hashbrown Patties 12 Dragon Juice 13 Fresh Orange Wedges 21 Choice of Milk	11	WG Chicken Nuggets 16 Side Salad 4 WG Goldfish Crackers 14 BBQ Sauce Pkt 5 Ranch Dressing Pkt 4 Pineapple Tidbits 20 Choice of Milk
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14	WG Mini Corndogs 30 Peas & Carrots 10 Potato Wedges 18 Fresh Apples 18 WG Bug Bite Crackers 21 Choice of Milk	15	Taco-In-a-Bag WG Corn Chips 16 Seasoned Taco Meat 2 Shredded Lettuce 2 / Cheese 0 Salsa 4 Refried Beans 24 Diced Peaches 14 Choice of Milk	16	Teriyaki Beef Dippers 9 WG Brown Rice 36 California Vegetable Blend 5 WG Fortune Cookie 6 Pineapple Tidbits 20 Choice of Milk	17	Turkey & Gravy 2 Mashed Potatoes 14 Mixed Vegetables 10 WG Dinner Roll 12 Butter Chip 0 Applesauce 15 Strawberry Ice Cream Cup 21 Choice of Milk	18	WG Cheese Pizza 27 Green Beans 5 Fresh Baby Carrots 6 Ranch Dressing Pkt 2 Pineapple Tidbits 20 Choice of Milk
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21	WG Rotini w/ Meat Sauce 24 Side Salad 3 Ranch Dressing Pkt 2 WG Garlic Breadstick 12 Diced Peaches 14 Choice of Milk	22	Hamburger Party 2 WG Hamburger Bun 25 Lettuce 1 / Tomato 2 American Cheese Slice 1 Mayo Pkt 2 Potato Wedges 21 Diced Pears 15 Choice of Milk	23	No School Thanksgiving Break	24	No School Thanksgiving Break	25	No School Thanksgiving Break
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28	WG 3-Cheese Calzone 32 Marrinara Cup 4 Sweet Potato Wedges 25 Fresh Grapes 14 WG Cookie 18 Choice of Milk	29	"Generals Bowl" 49.5 WG Dinner Roll 12 Diced Peaches 14 Choice of Milk	30	Spicy Chicken Patty 15 WG Hamburger Bun 25 Lettuce 1 / Tomato 2 / Pickle 0 Mayo Pkt 2 Green Beans 4 100% Fruit Juice Slushie 22 Choice of Milk	1	WG Taco Stick 32 Refried Beans 24 Mixed Salad 3 Ranch Dressing Pkt 4 Strawberry Cup 22 Choice of Milk	2	Mini Meatballs 2 w/ Marinara 4 WG Roll 12 Steamed Broccoli 7 Fresh Baby Carrots 9 Fresh Banana 27 Choice of Milk
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**News**

Generals Bowl consists of ...  
WG Popcorn Chicken 14  
Mashed Potatoes 17  
Corn 16  
Chicken Gravy 2  
Cheddar Cheese .5