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| <p><b>3</b></p> <p><u>WG Warm Pretzel Roll</u><br/><u>W/Cheese Sauce</u><br/>Steamed Broccoli<br/>Celery/Carrot Sticks<br/>Fresh Apples &amp; Oranges<br/>Assorted cupped Fruit<br/>Ice Cold Mi</p>                      | <p><b>4</b></p> <p><u>Juicy Hamburger or</u><br/><u>Cheesburger WG Bun</u><br/>Oven Baked French Fries<br/>Cherry Tomatoes<br/>Celery/Carrot Sticks<br/>Fresh Apples &amp; Oranges<br/>Assorted cupped Fruit<br/>Ice Cold Milk</p> | <p><b>5</b></p> <p><u>McWoburn Breakfast</u><br/><u>Sandwich</u><br/>Egg Patty, Melted Cheese, Slice<br/>Ham on English Muffing<br/>Hash Brown Patty<br/>Celery/Carrot Sticks<br/>Fresh Apples &amp; Oranges<br/>Assorted cupped Fruit<br/>Ice Cold Milk</p> | <p><b>6</b></p> <p><u>Grilled Cheese</u><br/><u>Chicken Noodle Soup</u><br/>Black Beans<br/>Celery/Carrot Sticks<br/>Fresh Apples &amp; Oranges<br/>Assorted cupped Fruit<br/>Ice Cold Milk</p>   | <p><b>7</b></p> <p><u>Freshly Baked Cheese</u><br/><u>or Pepperoni Pizza</u><br/>Sweet Peas<br/>Celery/Carrot Sticks<br/>Fresh Apples &amp; Oranges<br/>Assorted cupped Fruit<br/>Ice Cold Milk</p>  |
| <p><b>10</b></p> <p><u>Cheesy Breadsticks</u><br/><u>w/Marinara Sauce</u><br/>Green Beans<br/>Celery/Carrot Sticks<br/>Fresh Apples &amp; Oranges<br/>Assorted cupped Fruit<br/>Ice Cold Milk</p>                        | <p><b>11</b></p> <p><u>Grilled Chicken Caesar</u><br/><u>Salad</u><br/>Bag of WG Goldfish<br/>Celery/Carrot Sticks<br/>Fresh Apples &amp; Oranges<br/>Assorted cupped Fruit<br/>Ice Cold Milk</p>                                  | <p><b>12</b></p> <p><u>Waffles w/Chicken</u><br/><u>Sausage Patty</u><br/>Hash Brown Patty<br/>Celery/Carrot Sticks<br/>Fresh Apples &amp; Oranges<br/>Assorted cupped Fruit<br/>Ice Cold Milk</p>   | <p><b>13</b></p> <p><u>Roasted Turkey Dinner</u><br/><u>W/Mash Potato &amp;</u><br/><u>Gravy</u><br/>Steamed Broccoli<br/>Celery/Carrot Sticks<br/>Fresh Apples &amp; Oranges<br/>Assorted cupped Fruit<br/>Ice Cold Milk</p>               | <p><b>14</b></p> <p><u>Freshly Baked Cheese</u><br/><u>or Pepperoni Pizza</u><br/>Sweet Peas<br/>Celery/Carrot Sticks<br/>Fresh Apples &amp; Oranges<br/>Assorted cupped Fruit<br/>Ice Cold Milk</p> |
| <p><b>17</b></p> <p><u>Crispy Nachos</u><br/><u>w/Ground Beef,</u><br/><u>Cheese &amp; Salsa</u><br/>Black Beans<br/>Celery/Carrot Sticks<br/>Fresh Apples &amp; Oranges<br/>Assorted cupped Fruit<br/>Ice Cold Milk</p> | <p><b>18</b></p> <p><u>All White BBQ Chicken</u><br/><u>W/Creamy Mash Potato</u><br/>Steamed Corn<br/>Celery/Carrot Sticks<br/>Fresh Apples &amp; Oranges<br/>Assorted cupped Fruit<br/>Ice Cold Milk</p>                          | <p><b>19</b></p> <p><u>Cheese Ravioli</u><br/><u>W/Marinara Sauce</u><br/>Garden Salad<br/>Celery/Carrot Sticks<br/>Fresh Apples &amp; Oranges<br/>Assorted cupped Fruit<br/>Ice Cold Milk</p>   | <p><b>20</b></p> <p><u>Garden Salad Topped</u><br/><u>W/Oven Roasted Turkey</u><br/><u>&amp; Cheese Roll-Up</u><br/>Bag of Goldfish<br/>Celery/Carrot Sticks<br/>Fresh Apples &amp; Oranges<br/>Assorted cupped Fruit<br/>Ice Cold Milk</p> | <p><b>21</b></p> <p><u>Freshly Baked Cheese</u><br/><u>or Pepperoni Pizza</u><br/>Sweet Peas<br/>Celery/Carrot Sticks<br/>Fresh Apples &amp; Oranges<br/>Assorted cupped Fruit<br/>Ice Cold Milk</p> |
| <p><b>24</b></p> <p>Winter Break</p>   | <p><b>25</b></p> <p>Winter Break</p>   | <p><b>26</b></p> <p>Winter Break</p>   | <p><b>27</b></p> <p>Winter Break</p>  | <p><b>28</b></p> <p>Winter Break</p>   |
| <p><b>31</b></p> <p>Winter Break</p>   |  |  | <p>Going Crazy in the morning looking for Lunch \$\$\$<br/>Stop, pay online at <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a></p>     | <p>Start Your Day off Right!<br/>Breakfast Available at:<br/>High School<br/>Middle Schools<br/>Malcom White<br/>Shamrock<br/>Linscott-Rumpford<br/>Altavesta<br/>Goodyear</p>                       |

**Daily Alternatives**

- Chicken Nuggets
- Tony's Individual Pizza
- Sun Butter & Jelly Sandwich
- \*\*NEW-Muffin Sack
- WG Chocolate Chip Muffin, yogurt, string cheese, fruit & Vegetable
- Grilled Cheese
- Turkey Hot Dog
- Hamburger
- CH BURGER

**HARVEST OF THE MONTH-Carrots**  
We support local farms by purchasing locally as seasons permit.  
**Featured this month-**Apples, Pears, Melon, Cherry Tomatoes, Cucumbers, Carrot Sticks and Zucchini  
Paid Lunch - \$2.50 Reduced-\$1.40

All lunches served with milk, vegetable, fruit and bread