

Morrison Schools JH & HS Lunch Menu

November 2011

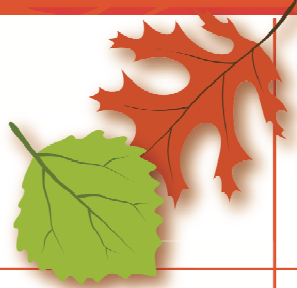
Monday

Tuesday

Wednesday

Thursday

Friday



<p>1</p> <p>WG Tony's Smart Sausage Pizza 280 Carrot Sticks 49 Fruit WW Bread</p>	<p>2</p> <p>Taco in a Bag 410 Romaine Mix 15 Fruit WW Bread Frozen Yogurt</p>	<p>3</p> <p>No Lunch</p>	<p>4</p> <p>No School</p>
<p>7</p> <p>Cheeseburger 194 WG Bun Baked Beans 140 Fruit Vanilla Pudding</p>	<p>8</p> <p>Salisbury Steak 198.9 Mashed Potatoes 76 Fruit WW Bread Churro</p>	<p>9</p> <p>WG Max Sticks 328 Pizza Sauce 15 Baby Carrots 15 Fruit WW Bread Animal Crackers</p>	<p>10</p> <p>WG Spaghetti w/ Meat Sauce 320 Romaine Mix 15 Fruit WW Bread</p>
<p>14</p> <p>Cheese Quesadilla 350 Fiesta Beans 100 Fruit WW Bread 100% Whole Fruit Juice Bar</p>	<p>15</p> <p>Sloppy Joe 245 WG Bun Broccoli 5.6 Fruit WW Bread</p>	<p>16</p> <p>WG Chicken Nuggets 220 Mashed Potatoes 76 Fruit WW Bread</p>	<p>17</p> <p>Chili 180 Pretzel Stick 60 Celery 18.2/Peanut Butter Fruit WW Bread Cinnamon Roll</p>
<p>21</p> <p>BBQ Pork 167 WG Bun French Fries 160 Fruit Cinnamon Cake</p>	<p>22</p> <p>Turkey Shortcake 382 Green Beans 20 Fruit Frozen Yogurt</p>	<p>23</p> <p>No School</p>	<p>24</p> <p>No School</p>
<p>28</p> <p>Stuffed Crust Pizza 420 Romaine Mix 15 Fruit WW Bread</p>	<p>29</p> <p>Chicken & WG Noodles 244 Peas 93 Fruit WW Bread Cookie</p>	<p>30</p> <p>Hot Ham & Cheese 164 WG Bun Cauliflower 25 Fruit WW Bread</p>	<p>Student Lunch \$2.25 Reduced Lunch .40 Ala carte Milk .35</p> <p>Cold Cut Sandwich offered daily Chef Salad offered daily order by 8:30 a.m.</p> <p>Menu subject to change without notice</p>

A La Carte

Fat Free Milk 80 cal.
1% White Milk 100 cal.
Fat Free Chocolate Milk 130 cal
Whole Wheat Bread 2 slices 150 cal
Whole Grain Bun 120 cal.
Choice of Fruit -calories
Applesauce 90 Apricots 90
Apple Slices 38.9 Peaches 70
Fruit Mix 80 Pineapple 60
Mandarin Oranges 70 Pears 80
Grapes 29 Orange Wedges 40
Strawberry Cup 122 Cantaloupe 100
Peach Cup 118 Watermelon 80
- Calories
Average per Week Grades 6-12
785 Calories a Day

School News

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Enclose Cash or Check In envelope marked with the Student's first and last name, grade, date, amount.

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