

## NOVEMBER 2023 NEWCOMB CENTRAL SCHOOL

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## Monday **Tuesday** Wednesday Thursday Friday WG Bagels W/Crm.Cheese WG Pancakes & Sausage 3 Egg Bites W/ **OR** Cereal Spinach & Cheese FF or 1% White Milk 8oz FF or 1% White Milk 8oz OR Cereal 100% Fruit Juice & Fruit (=8oz) FF or 1% White Milk 8oz 100% Fruit Juice & Fruit (=8oz) Yogurt 4oz & WG Muffin 2oz 100% Fruit Juice & Fruit (=80z) Yogurt 4oz & WG Muffin 2oz Yogurt 4oz & WG Muffin 2oz WG Bagels W/Crm.Cheese WG Husky Sandwich 7 10 Oatmeal 6 Scrambled Eggs & Cheese **OR** Cereal OR Cereal **OR Cereal** NO SCHOOL **OR Cereal** FF or 1% White Milk 8oz FF or 1% White Milk 80z FF or 1% White Milk 8oz FF or 1% White Milk 8oz **Veterans Day** 100% Fruit Juice & Fruit (=8oz) 100% Fruit Juice & Fruit (=8oz) 100% Fruit Juice & Fruit (=80z) 100% Fruit Juice & Fruit (=8oz) Observed Yogurt 4oz & WG Muffin 2oz WG Bagels W/Crm.Cheese 15 13 WG Husky Sandwich 14 WG Fr Toast & Sausage Oatmeal Egg Bowl OR Cereal **OR** Cereal **OR Cereal OR** Cereal OR Cereal FF or 1% White Milk 8oz 100% Fruit Juice & Fruit (=8oz) 100% Fruit Juice & Fruit (=80z) 100% Fruit Juice & Fruit (=80z) 100% Fruit Juice & Fruit (=8oz) 100% Fruit Juice & Fruit(=8oz) Yogurt 4oz & WG Muffin 2oz 20 24 WG Husky Sandwich 22 23 Oatmeal OR Cereal OR Cereal **NO SCHOOL** NO SCHOOL NO SCHOOL FF or 1% White Milk 8oz FF or 1% White Milk 8oz **Thanksgiving** 100% Fruit Juice & Fruit (=80z) 100% Fruit Juice & Fruit (=8oz) Yogurt 4oz & WG Muffin 2oz Yogurt 4oz & WG Muffin 2oz Egg Bites W/ 30 27 WG Husky Sandwich 28 WG Bagels W/Crm.Cheese 29 Oatmeal Spinach & Cheese **OR Cereal** OR Cereal **OR Cereal** OR Cereal FF or 1% White Milk 8oz 100% Fruit Juice & Fruit (=8oz) 100% Fruit Juice & Fruit (=8oz) 100% Fruit Juice & Fruit (=80z) 100% Fruit Juice & Fruit (=80z) Yogurt 4oz & WG Muffin 2oz Yogurt 4oz & WG Muffin 2oz Yogurt 4oz & WG Muffin 2oz Yogurt 4oz & WG Muffin 2oz

A Breakfast Alternative is served daily. Each Breakfast must contain; 8oz of Fruit +/or 100% Fruit Juice, 2oz Meat or alternative, 2oz Grain. In the operation of National School Food Programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against, write immediately to the Department of Agriculture. Please note that our menu is subject to change based on availability of food items.