



NOVEMBER | 2017

West Shore ESD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Food Service 231-757-5721 mnielsen@mccschools.org		1 Chicken Nuggets Smiley Fries Coleslaw Banana Roll Choice of Milk	2 Grilled Cheese Romaine Lettuce Fresh Apple Choice of Milk	3 Macaroni & Cheese Peas Pineapple Variety of Milk
6 Bosco Pizza Sticks Green Beans Pineapple Choice of Milk	7 Sloppy Joes Potato Tots Fresh Fruit Bun Choice of Milk	8 French Toast & Sausage Fresh Carrots Lite Ranch Dressing Grapes Choice of Milk	9 Chicken Drumsticks Mashed Potatoes Banana Bun Choice of Milk	10 Cheeseburger Green Beans Apples Slices Bun Milk
13 Corndog Baby Carrots Lite Ranch Dressing Diced Pears Choice of Milk	14 Hotdog on a bun Green Beans Orange Wedges Milk	15 Chicken Quesadilla Garden Mix Salad Diced Peaches Choice of Milk	16 Hungry Howie Pizza Romaine Lettuce Fresh Apple Choice of Milk	17 Chicken Patty Sandwich Baby Carrots Lite Ranch Dressing Watermelon F/F milk
20 Pizza Pocket Garden Mix Salad Diced Peaches Choice of Milk	21 <i>ESD</i> <i>Thanksgiving Day Dinner</i> <i>Turkey Supreme</i> <i>Green Beans</i> <i>Applesauce</i> <i>Pumpkin Square</i>	22 Bagged Lunch Day PBJ – Bread Carrot Sticks Apple Slices Milk	23 Happy Thanksgiving Enjoy the day!!!	24 Thanksgiving Break No School
27 Walking Taco Chili Corn Chips Tossed Salad Pears Milk	29 Meatballs & Gravy Mashed Potatoes Diced Pears Variety of Milk	29 Beef & Bean Burrito Green Beans Apple Choice of Milk	30 Tacos Shell Refried Beans Apple Slices Milk	

News

All bread, bread items and pasta are whole or multi grain
 Milk offered Daily
 Fat Free Chocolate
 Lowfat 1 % White Milk

Condiments available daily:
 Low cal salad dressings,
 Mayonnaise, catsup, mustard.