### Williamsburg-James City County Public Schools
#### November High School Menu

**Breakfast in the Classroom Menu**
- Monday: Cereal w/Pop Tart or Muffin
- Tuesday: Breakfast Biscuit
- Wednesday: French Toast Or Pancakes/Pancake on a stick
- Thursday: Waffles
- Friday: Breakfast Pizza Or Special Of The Day

Cereal available daily

**Lunch Includes**
- your choice of milk: nonfat, lowfat, plain & flavored.
- Domino’s Pizza available daily at some high schools.

**Students must choose at least a 1/2 cup of a fruit or vegetable to get the meal at no cost.**

**Wraps & Salads** available as production and supplies allow.

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### Breakfast Menu

**Monday, November 1**
- Chicken Nuggets W/Dinner Roll
- Asian Chicken W/Veggie Rice
- Choose 2: Oven Baked Fries, Seasoned Green Beans
- Choose 2: Assorted Fruits & Juices

**Tuesday, November 2**
- **SCHOOL CLOSED**
- **ELECTION DAY**

**Wednesday, November 3**
- Chicken Sandwich
- Cheeseburger
- Choose 2: Baked Beans, Vegetable Of The Day
- Choose 2: Assorted Fruits & Juices

**Thursday, November 4**
- Cheesy Pasta Supreme
- Pizza!
- Choose 2: Garden Salad, Golden Corn
- Choose 2: Assorted Fruits & Juices

**Friday, November 5**
- Hot Dog W/Chili & Cheese
- Rib BQ Sandwich
- Choose 2: Baby Carrots W/Dip, Sweet Green Peas
- Choose 2: Assorted Fruits & Juices

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### Lunch Menu

**Monday, November 8**
- Mozzarella Cheese Sticks W/Marinara Sauce
- Loaded Nachos
- Choose 2: Fresh Sunshine Veggies W/Dip
- Choose 2: Assorted Fruits & Juices

**Tuesday, November 9**
- Papa Murphy’s Pizza
- Deli Sub
- Choose 2: Oven Baked Fries, Fresh Green Salad
- Choose 2: Assorted Fruits & Juices

**Wednesday, November 10**
- Popcorn Chicken Bowl W/Roll
- Special Of The Day
- Choose 2: Mashed Potatoes W/Gravy, Golden Corn
- Choose 2: Assorted Fruits & Juices

**Thursday, November 11**
- Cheeseburger
- Pizza!
- Choose 2: Baby Carrots W/Dip, Vegetable Of The Day
- Choose 2: Assorted Fruits & Juices

**Friday, November 12**
- Shrimp Popper
- BBQ Sandwich
- Choose 2: Baked Beans, Veggies W/Dip
- Choose 2: Assorted Fruits & Juices

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**Nutrition Analysis of This Typical School Lunch Combo:**

- Roast Turkey W/Gravy
- Mash Potatoes, Steamed Broccoli, Cranberry Sauce
- Whole Wheat Roll W/Butter
- Nonfat Chocolate Milk

**Total Calories:** 665
- Calories from Protein: 227
- Cal from Carbohydrates: 557
- Calories from Fat: 25

**Goal:** 30% or less fat calories
Monday, November 15
Spaghetti & Meatballs W/Breadstick
Sub Of The Day
Choose 2: Seasoned Broccoli, Baby Carrots W/Dip
Choose 2: Assorted Fruits & Juices

Tuesday, November 16
Papa Murphy’s Pizza
Chicken Parmesan Sandwich
Choose 2: Fresh Green Salad, Oven Baked Fries
Choose 2: Assorted Fruits & Juices

Wednesday, November 17
Corn Dog Nuggets
Make Your Own Taco W/Salsa
Choose 2: Cheesy Refried Beans, Seasoned Green Beans
Choose 2: Assorted Fruits & Juices

Thursday, November 18
Hot Dog W/Chili & Cheese
Pizza!
Choose 2: Sweet Green Peas, Vegetable Of The Day
Choose 2: Assorted Fruits & Juices

Friday, November 19
Chicken Sandwich
Hamburger
Choose 2: Sweet Potato Fries, Golden Corn
Choose 2: Assorted Fruits & Juices

Monday, November 22
Chicken Nuggets W/Roll
Asian Chicken W/Veggie Rice
Choose 2: Oven Baked Fries, Steamed Broccoli
Choose 2: Assorted Fruits & Juices

Tuesday, November 23
Papa Murphy’s Pizza
Mozzarella Cheese Sticks W/Marinara Sauce
Choose 2: Golden Corn, Vegetable Of The Day
Choose 2: Assorted Fruits & Juices

Council Crest High School

Monday, November 29
Meatballs & Gravy W/Roll
Chicken Sandwich
Choose 2: Mashed Potatoes, Seasoned Green Beans
Choose 2: Assorted Fruits & Juices

Tuesday, November 30
Papa Murphy’s Pizza
Deli Sub
Choose 2: Golden Corn, Vegetable Of The Day
Choose 2: Assorted Fruits & Juices

Thanksgiving
Enjoy your Holiday!
See you Monday!

WARM AND SOAPY.
You wash your hands to get rid of germs—and water alone can’t do that. You need soap and warm water to rinse away bacteria. So soap up your hands, pull them out of the water stream and rub them all over for at least ten or fifteen seconds, and then rinse off.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

AS HIS LIFE FLASHED BEFORE HIS EYES, TOM SUDDENLY UNDERSTOOD -- IF HE'D ONLY BEEN JUST A BIT MORE CAREFUL ABOUT HOW MUCH HE ATE, HE WOULDN'T BE IN THIS FIX.

NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:
ROAST TURKEY W/GRAVY
MASHED POTATOES, STEAMED BROCCOLI
CRANBERRY SAUCE
WHOLE WHEAT ROLL W/P isolation
NONFAT CHOCOLATE MILK
TOTAL CALORIES: 665
CALORIES FROM PROTEIN: 22%
CAL FROM CARBOHYDRATES: 53%
CAL FROM FAT: 25%
GOAL: 30% OR LESS FAT CALORIES

Many Moons
Native Americans had special names for every full moon of the year. One name for the November full moon is the "Freezing River Maker Moon," because November is when the cold weather sets in.