

- 2023 -

NOVEMBER

WEDNESDAY

THURSDAY

FRIDAY

MONDAY

TUESDAY

Walter B Howard Elementary

Free Meals for all!!

This Intuition is an Equal Opportunity Provider and Employer. Served with every meal, choice of:

Nov.06-10 Ham & Cheese Sandwich

Nov.13-17 Turkey & Cheese

Nov.14-17 Bologna Sandwich

Nov.27-Dec.1 Mixed Sub

Daily:

PBJ

Mon., & Wed.: Garden Salad & Club Pack

Tuesday & Thursday: Tiger pack

Milk

FF Choc. .55

1% White .55

PLEASE NOTE: THERE IS NO CHARGING OF ANY ALACARTE ITEMS. Use myschoolbucks.com

To add money to students acct.

Any questions Contact Pat Metzler

518-794-7600, opt. 2, opt. 7

metzler@walshbarnard.org

6
Breakfast
Warm Muffins
Fruit & Juice
Lunch
Pasta w/ Marinara
Tossed Salad
Fruit

7
No School
Don't forget to vote!

8
Breakfast
Hot Breakfast
Fruit & Juice
Lunch
Chicken Nuggets
Green Beans
Fruit

9
Breakfast
Bagel w/CC
Fruit & Juice
Lunch
Chili Baked Potato
Sweet Corn
Fruit

10
Veteran's Day
Thank you for your service

13
Breakfast
Warm Muffins
Fruit & Juice
Lunch
Chicken tortilla soup w/
Cheese quesadilla
Veggie & Fruit

14
Breakfast
Bagel w/CC
Fruit & Juice
Lunch
Taco Pasta
Black Bean
Fruit

15
Breakfast
Hot Breakfast
Fruit & Juice
Lunch
Chicken Nuggets
French Fries
Fruit

16
Breakfast
Bagel w/CC
Fruit & Juice
Lunch
Roasted Turkey
Mashed potatoes
Sweet Potato Bake & Fruit

17
Breakfast
Pop Tart w/cheese stk.
Fruit & Juice
Lunch
Cheese Pizza
Spinach
Fruit

20
Breakfast
Warm Muffins
Fruit & Juice
Lunch
White Chicken Chili
Brown Rice & Veggie
Fruit

21
Breakfast
Bagel w/CC
Fruit & Juice
Lunch
Chicken Bacon Ranch
Pasta
Sweet Corn & Fruit

22
No School

23
Happy Thanksgiving

24
No School

27
Breakfast
Warm Muffins
Fruit & Juice
Lunch
Sloppy Joe on a Bun
Brown Rice & Corn
Fruit

28
Breakfast
Bagel w/CC
Fruit & Juice
Lunch
Taco Nacho
Veggie beans
Fruit

29
Breakfast
Hot Breakfast
Fruit & Juice
Lunch
Chicken Nuggets
Steamed Broccoli
Fruit

30
Breakfast
Bagel w/CC
Fruit & Juice
Lunch
Mac n' Cheese
Cooked Carrots
Fruit