



Integration: Teleport HS Breakfast - November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Nov 1, 2022 <ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	Nov 2, 2022 <ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	Nov 3, 2022 <ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	Nov 4, 2022 <ul style="list-style-type: none"> • WGR Cereal • WGR Waffle Grahams • Oranges (2) • Skim Milk • Milk 1% low-fat 	Nov 5, 2022 <p style="text-align: center; font-size: 24px;">Closed</p>
Nov 6, 2022	Nov 7, 2022	Nov 8, 2022	Nov 9, 2022	Nov 10, 2022	Nov 11, 2022	Nov 12, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	Closed	Closed
Nov 13, 2022	Nov 14, 2022	Nov 15, 2022	Nov 16, 2022	Nov 17, 2022	Nov 18, 2022	Nov 19, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Waffle Grahams • Oranges (2) • Skim Milk • Milk 1% low-fat 	Closed
Nov 20, 2022	Nov 21, 2022	Nov 22, 2022	Nov 23, 2022	Nov 24, 2022	Nov 25, 2022	Nov 26, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	Closed	Closed	Closed
Nov 27, 2022	Nov 28, 2022	Nov 29, 2022	Nov 30, 2022			
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 			

This institution is an equal opportunity provider.



Integration: Teleport HS Lunch - November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Nov 1, 2022	Nov 2, 2022	Nov 3, 2022	Nov 4, 2022	Nov 5, 2022
		<ul style="list-style-type: none"> • Salisbury Steak • Mashed Potatoes • Collard Greens • Whole Grain Bread (2) • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Lasagna Rollette • Lima Beans • Green Beans • Whole Grain Bread (2) • Clementine (2) • Mixed Fruit In 100% Natural Juice • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Beef Hot Dog • Mixed Vegetables • Potato Nuggets • WGR Hot Dog Bun • WGR Pasta Salad • Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Oven Fried Chicken • Brown Rice and Beans • Sweet Potato • Pears (2) • Milk 1% low-fat • Skim Milk 	Closed
Nov 6, 2022	Nov 7, 2022	Nov 8, 2022	Nov 9, 2022	Nov 10, 2022	Nov 11, 2022	Nov 12, 2022
Closed	<ul style="list-style-type: none"> • Whole Grain Chicken Fingers • Sweet Potato Fries • WGR Corn Loaf • Fresh Plum (2) • Mixed Fruit In 100% Natural Juice • Skim Milk • Milk 1% low-fat 	Closed	<ul style="list-style-type: none"> • WGR Chicken Parmesan • Whole Grain Pasta • Broccoli • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Beef WGR Soft Tacos (2) • Pinto Beans • Mixed Vegetables • Spanish Rice • Oranges (2) • Milk 1% low-fat • Skim Milk 	Closed	Closed
Nov 13, 2022	Nov 14, 2022	Nov 15, 2022	Nov 16, 2022	Nov 17, 2022	Nov 18, 2022	Nov 19, 2022
Closed	<ul style="list-style-type: none"> • Roasted Chicken Thigh • WGR Pasta w/Olive Oil • Green Beans • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • BBQ Chicken Wings • Green Peas • Brown Rice • Sweet Plantain • Clementine (2) • Mixed Fruit In 100% Natural Juice • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • Chicken Fajita w/ WGR Wrap: • Diced Carrots • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Turkey WGR Sandwich: • Cheese Slice • Apple • Whole Grain Bread (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • Baked Chicken Wings • Brown Rice and Beans • Collard Greens • Whole Grain Bread • Bananas (2) • Milk 1% low-fat • Skim Milk 	Closed
Nov 20, 2022	Nov 21, 2022	Nov 22, 2022	Nov 23, 2022	Nov 24, 2022	Nov 25, 2022	Nov 26, 2022
Closed	<ul style="list-style-type: none"> • Whole Grain Chicken Fingers • Brown Rice and Beans • Sweet Potato Fries • Whole Grain Bread • Pears (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Macaroni and Cheese • Lima Beans • Green Beans • Whole Grain Bread • Clementine (2) • Applesauce • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Whole Grain Cheese Pizza • Broccoli • Baby Carrots • Apple • Milk 1% low-fat • Skim Milk • 100% Assorted Fruit Juice 	Closed	Closed	Closed
Nov 27, 2022	Nov 28, 2022	Nov 29, 2022	Nov 30, 2022			
Closed	<ul style="list-style-type: none"> • Roasted Chicken Thigh • WGR Pasta w/Olive Oil • Diced Carrots • Pears (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • Salisbury Steak • Mashed Potatoes • Collard Greens • Whole Grain Bread (2) • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Lasagna Rollette • Lima Beans • Green Beans • Whole Grain Bread (2) • Clementine (2) • Mixed Fruit In 100% Natural Juice • Milk 1% low-fat • Skim Milk 			

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Integration: South HS Breakfast - November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Nov 1, 2022	Nov 2, 2022	Nov 3, 2022	Nov 4, 2022	Nov 5, 2022
		<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Waffle Grahams • Oranges (2) • Skim Milk • Milk 1% low-fat 	Closed
Nov 6, 2022	Nov 7, 2022	Nov 8, 2022	Nov 9, 2022	Nov 10, 2022	Nov 11, 2022	Nov 12, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	Closed	Closed
Nov 13, 2022	Nov 14, 2022	Nov 15, 2022	Nov 16, 2022	Nov 17, 2022	Nov 18, 2022	Nov 19, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Waffle Grahams • Oranges (2) • Skim Milk • Milk 1% low-fat 	Closed
Nov 20, 2022	Nov 21, 2022	Nov 22, 2022	Nov 23, 2022	Nov 24, 2022	Nov 25, 2022	Nov 26, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	Closed	Closed	Closed
Nov 27, 2022	Nov 28, 2022	Nov 29, 2022	Nov 30, 2022			
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 			

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Integration: South HS Lunch - November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Nov 1, 2022	Nov 2, 2022	Nov 3, 2022	Nov 4, 2022	Nov 5, 2022
		<ul style="list-style-type: none"> • Salisbury Steak • Mashed Potatoes • Collard Greens • Whole Grain Bread (2) • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Lasagna Rollette • Lima Beans • Green Beans • Whole Grain Bread (2) • Clementine (2) • Mixed Fruit In 100% Natural Juice • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Beef Hot Dog • Mixed Vegetables • Potato Nuggets • WGR Hot Dog Bun • WGR Pasta Salad • Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Oven Fried Chicken • Brown Rice and Beans • Sweet Potato • Pears (2) • Milk 1% low-fat • Skim Milk 	Closed
Nov 6, 2022	Nov 7, 2022	Nov 8, 2022	Nov 9, 2022	Nov 10, 2022	Nov 11, 2022	Nov 12, 2022
Closed	<ul style="list-style-type: none"> • Whole Grain Chicken Fingers • Sweet Potato Fries • WGR Corn Loaf • Fresh Plum (2) • Mixed Fruit In 100% Natural Juice • Skim Milk • Milk 1% low-fat 	Closed	<ul style="list-style-type: none"> • WGR Chicken Parmesan • Whole Grain Pasta • Broccoli • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Beef WGR Soft Tacos (2) • Pinto Beans • Mixed Vegetables • Spanish Rice • Oranges (2) • Milk 1% low-fat • Skim Milk 	Closed	Closed
Nov 13, 2022	Nov 14, 2022	Nov 15, 2022	Nov 16, 2022	Nov 17, 2022	Nov 18, 2022	Nov 19, 2022
Closed	<ul style="list-style-type: none"> • Roasted Chicken Thigh • WGR Pasta w/Olive Oil • Green Beans • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • BBQ Chicken Wings • Green Peas • Brown Rice • Sweet Plantain • Clementine (2) • Mixed Fruit In 100% Natural Juice • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Chicken Fajita w/ WGR Wrap: • Diced Carrots • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Turkey WGR Sandwich: • Cheese Slice (2) • Apple • Whole Grain Bread (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • Baked Chicken Wings • Brown Rice and Beans • Collard Greens • Whole Grain Bread • Bananas (2) • Milk 1% low-fat • Skim Milk 	Closed
Nov 20, 2022	Nov 21, 2022	Nov 22, 2022	Nov 23, 2022	Nov 24, 2022	Nov 25, 2022	Nov 26, 2022
Closed	<ul style="list-style-type: none"> • Whole Grain Chicken Fingers • Brown Rice and Beans • Sweet Potato Fries • Whole Grain Bread • Pears (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Macaroni and Cheese • Lima Beans • Green Beans • Whole Grain Bread • Clementine (2) • Applesauce • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Whole Grain Cheese Pizza • Broccoli • Baby Carrots • Apple • Milk 1% low-fat • Skim Milk • 100% Assorted Fruit Juice 	Closed	Closed	Closed
Nov 27, 2022	Nov 28, 2022	Nov 29, 2022	Nov 30, 2022			
Closed	<ul style="list-style-type: none"> • Roasted Chicken Thigh • WGR Pasta w/Olive Oil • Diced Carrots • Pears (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • Salisbury Steak • Mashed Potatoes • Collard Greens • Whole Grain Bread (2) • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Lasagna Rollette • Lima Beans • Green Beans • Whole Grain Bread (2) • Clementine (2) • Mixed Fruit In 100% Natural Juice • Milk 1% low-fat • Skim Milk 			

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Integration: South K-8 Breakfast - November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Nov 1, 2022	Nov 2, 2022	Nov 3, 2022	Nov 4, 2022	Nov 5, 2022
		<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Waffle Grahams • Oranges (2) • Skim Milk • Milk 1% low-fat 	Closed
Nov 6, 2022	Nov 7, 2022	Nov 8, 2022	Nov 9, 2022	Nov 10, 2022	Nov 11, 2022	Nov 12, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	Closed	Closed
Nov 13, 2022	Nov 14, 2022	Nov 15, 2022	Nov 16, 2022	Nov 17, 2022	Nov 18, 2022	Nov 19, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Waffle Grahams • Oranges (2) • Skim Milk • Milk 1% low-fat 	Closed
Nov 20, 2022	Nov 21, 2022	Nov 22, 2022	Nov 23, 2022	Nov 24, 2022	Nov 25, 2022	Nov 26, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	Closed	Closed	Closed
Nov 27, 2022	Nov 28, 2022	Nov 29, 2022	Nov 30, 2022			
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 			

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Integration: South K-8 Lunch - November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Nov 1, 2022	Nov 2, 2022	Nov 3, 2022	Nov 4, 2022	Nov 5, 2022
		<ul style="list-style-type: none"> • Salisbury Steak • Mashed Potatoes • Collard Greens • Whole Grain Bread • Orange • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Lasagna Rollette • Lima Beans • Green Beans • Clementine (2) • Whole Grain Bread • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • Beef Hot Dog • Mixed Vegetables • Potato Nuggets • WGR Hot Dog Bun • Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Oven Fried Chicken • Brown Rice and Beans • Sweet Potato • Pear • Whole Grain Bread • Skim Milk • Milk 1% low-fat 	Closed
Nov 6, 2022	Nov 7, 2022	Nov 8, 2022	Nov 9, 2022	Nov 10, 2022	Nov 11, 2022	Nov 12, 2022
Closed	<ul style="list-style-type: none"> • Whole Grain Chicken Fingers • Sweet Potato Fries • WGR Corn Loaf • Fresh Plum (2) • Skim Milk • Milk 1% low-fat 	Closed	<ul style="list-style-type: none"> • WGR Chicken Parmesan • Whole Grain Pasta • Broccoli • Pear • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Beef WGR Soft Taco: • Pinto Beans • Mixed Vegetables • Spanish Rice • Orange • Milk 1% low-fat • Skim Milk 	Closed	Closed
Nov 13, 2022	Nov 14, 2022	Nov 15, 2022	Nov 16, 2022	Nov 17, 2022	Nov 18, 2022	Nov 19, 2022
Closed	<ul style="list-style-type: none"> • Roasted Chicken Thigh • Whole Grain Pasta • Green Beans • Pear • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • BBQ Chicken Wings • Brown Rice • Sweet Plantain • Clementine (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Chicken Fajita w/ WGR Wrap: • Diced Carrots • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Turkey WGR Sandwich: • Cheese Slice • Apple • Whole Grain Bread (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • Baked Chicken Wings • Brown Rice and Beans • Collard Greens • Banana • Milk 1% low-fat • Skim Milk 	Closed
Nov 20, 2022	Nov 21, 2022	Nov 22, 2022	Nov 23, 2022	Nov 24, 2022	Nov 25, 2022	Nov 26, 2022
Closed	<ul style="list-style-type: none"> • Whole Grain Chicken Fingers • Brown Rice and Beans • Sweet Potato Fries • Pear • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Macaroni and Cheese • Green Beans • Whole Grain Bread • Clementine (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • Whole Grain Cheese Pizza • Broccoli • Apple • Milk 1% low-fat • Skim Milk 	Closed	Closed	Closed
Nov 27, 2022	Nov 28, 2022	Nov 29, 2022	Nov 30, 2022			
Closed	<ul style="list-style-type: none"> • Roasted Chicken Thigh • WGR Pasta w/Olive Oil • Baby Carrots • Pear • Whole Grain Bread • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Salisbury Steak • Mashed Potatoes • Collard Greens • Whole Grain Bread • Orange • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Lasagna Rollette • Lima Beans • Green Beans • Clementine (2) • Whole Grain Bread • Skim Milk • Milk 1% low-fat 			

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Integration: Teleport K-8 Breakfast - November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Nov 1, 2022 <ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	Nov 2, 2022 <ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	Nov 3, 2022 <ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	Nov 4, 2022 <ul style="list-style-type: none"> • WGR Cereal • WGR Waffle Grahams • Oranges (2) • Skim Milk • Milk 1% low-fat 	Nov 5, 2022 <p style="text-align: center; font-size: 24px;">Closed</p>
Nov 6, 2022	Nov 7, 2022	Nov 8, 2022	Nov 9, 2022	Nov 10, 2022	Nov 11, 2022	Nov 12, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	Closed	Closed
Nov 13, 2022	Nov 14, 2022	Nov 15, 2022	Nov 16, 2022	Nov 17, 2022	Nov 18, 2022	Nov 19, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Waffle Grahams • Oranges (2) • Skim Milk • Milk 1% low-fat 	Closed
Nov 20, 2022	Nov 21, 2022	Nov 22, 2022	Nov 23, 2022	Nov 24, 2022	Nov 25, 2022	Nov 26, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	Closed	Closed	Closed
Nov 27, 2022	Nov 28, 2022	Nov 29, 2022	Nov 30, 2022			
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 			

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Integration: Teleport K-8 Lunch - November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Nov 1, 2022	Nov 2, 2022	Nov 3, 2022	Nov 4, 2022	Nov 5, 2022
		<ul style="list-style-type: none"> • Salisbury Steak • Mashed Potatoes • Collard Greens • Whole Grain Bread • Orange • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Lasagna Rollette • Lima Beans • Green Beans • Clementine (2) • Whole Grain Bread • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • Beef Hot Dog • Mixed Vegetables • Potato Nuggets • WGR Hot Dog Bun • Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Oven Fried Chicken • Brown Rice and Beans • Sweet Potato • Pear • Whole Grain Bread • Skim Milk • Milk 1% low-fat 	Closed
Nov 6, 2022	Nov 7, 2022	Nov 8, 2022	Nov 9, 2022	Nov 10, 2022	Nov 11, 2022	Nov 12, 2022
Closed	<ul style="list-style-type: none"> • Whole Grain Chicken Fingers • Sweet Potato Fries • WGR Corn Loaf • Fresh Plum (2) • Skim Milk • Milk 1% low-fat 	Closed	<ul style="list-style-type: none"> • WGR Chicken Parmesan • Whole Grain Pasta • Broccoli • Pear • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Beef WGR Soft Taco: • Pinto Beans • Mixed Vegetables • Spanish Rice • Orange • Milk 1% low-fat • Skim Milk 	Closed	Closed
Nov 13, 2022	Nov 14, 2022	Nov 15, 2022	Nov 16, 2022	Nov 17, 2022	Nov 18, 2022	Nov 19, 2022
Closed	<ul style="list-style-type: none"> • Roasted Chicken Thigh • Whole Grain Pasta • Green Beans • Pear • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • BBQ Chicken Wings • Brown Rice • Sweet Plantain • Clementine (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Chicken Fajita w/ WGR Wrap: • Diced Carrots • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Turkey WGR Sandwich: • Cheese Slice • Apple • Whole Grain Bread (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • Baked Chicken Wings • Brown Rice and Beans • Collard Greens • Banana • Milk 1% low-fat • Skim Milk 	Closed
Nov 20, 2022	Nov 21, 2022	Nov 22, 2022	Nov 23, 2022	Nov 24, 2022	Nov 25, 2022	Nov 26, 2022
Closed	<ul style="list-style-type: none"> • Whole Grain Chicken Fingers • Brown Rice and Beans • Sweet Potato Fries • Pear • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Macaroni and Cheese • Green Beans • Whole Grain Bread • Clementine (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • Whole Grain Cheese Pizza • Broccoli • Apple • Milk 1% low-fat • Skim Milk 	Closed	Closed	Closed
Nov 27, 2022	Nov 28, 2022	Nov 29, 2022	Nov 30, 2022			
Closed	<ul style="list-style-type: none"> • Roasted Chicken Thigh • WGR Pasta w/Olive Oil • Baby Carrots • Pear • Whole Grain Bread • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Salisbury Steak • Mashed Potatoes • Collard Greens • Whole Grain Bread • Orange • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Lasagna Rollette • Lima Beans • Green Beans • Clementine (2) • Whole Grain Bread • Skim Milk • Milk 1% low-fat 			

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Integration: South AS Snack - November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Nov 1, 2022 <ul style="list-style-type: none"> Mixed Fruit In 100% Natural Juice String Cheese 100% Assorted Fruit Juice 	Nov 2, 2022 <ul style="list-style-type: none"> Banana WGR Waffle Grahams 100% Assorted Fruit Juice 	Nov 3, 2022 <ul style="list-style-type: none"> Applesauce WGR Animal Crackers Pear 	Nov 4, 2022 <p style="text-align: center;">Closed</p>	Nov 5, 2022 <p style="text-align: center;">Closed</p>
Nov 6, 2022	Nov 7, 2022 <ul style="list-style-type: none"> Diced Pears in Natural Juice String Cheese 100% Assorted Fruit Juice 	Nov 8, 2022 <p style="text-align: center;">Closed</p>	Nov 9, 2022 <ul style="list-style-type: none"> WGR Graham Crackers 100% Assorted Fruit Juice Fresh Plum 	Nov 10, 2022 <ul style="list-style-type: none"> Banana Strawberry Waffle Grahams 100% Assorted Fruit Juice 	Nov 11, 2022 <p style="text-align: center;">Closed</p>	Nov 12, 2022 <p style="text-align: center;">Closed</p>
Nov 13, 2022	Nov 14, 2022 <ul style="list-style-type: none"> Fresh Apples (2) 100% Assorted Fruit Juice Assorted Yogurt 	Nov 15, 2022 <ul style="list-style-type: none"> Mixed Fruit In 100% Natural Juice String Cheese Clementine (2) 	Nov 16, 2022 <ul style="list-style-type: none"> Banana WGR Waffle Grahams 100% Assorted Fruit Juice 	Nov 17, 2022 <ul style="list-style-type: none"> Applesauce WGR Animal Crackers Clementine (2) 	Nov 18, 2022 <p style="text-align: center;">Closed</p>	Nov 19, 2022 <p style="text-align: center;">Closed</p>
Nov 20, 2022	Nov 21, 2022 <ul style="list-style-type: none"> Diced Pears in Natural Juice String Cheese Clementine (2) 	Nov 22, 2022 <ul style="list-style-type: none"> Clementine (2) Assorted Yogurt Mixed Fruit In 100% Natural Juice 	Nov 23, 2022 <ul style="list-style-type: none"> Fresh Apple 100% Assorted Fruit Juice WGR Graham Crackers 	Nov 24, 2022 <p style="text-align: center;">Closed</p>	Nov 25, 2022 <p style="text-align: center;">Closed</p>	Nov 26, 2022 <p style="text-align: center;">Closed</p>
Nov 27, 2022	Nov 28, 2022 <ul style="list-style-type: none"> Fresh Apples (2) WGR Cheez-it Crackers 100% Assorted Fruit Juice 	Nov 29, 2022 <ul style="list-style-type: none"> Mixed Fruit In 100% Natural Juice String Cheese 100% Assorted Fruit Juice 	Nov 30, 2022 <ul style="list-style-type: none"> Banana WGR Waffle Grahams 100% Assorted Fruit Juice 			

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Integration: Teleport AS Snack - November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Nov 1, 2022 <ul style="list-style-type: none"> Mixed Fruit In 100% Natural Juice String Cheese 100% Assorted Fruit Juice 	Nov 2, 2022 <ul style="list-style-type: none"> Banana WGR Waffle Grahams 100% Assorted Fruit Juice 	Nov 3, 2022 <ul style="list-style-type: none"> Applesauce WGR Animal Crackers Pear 	Nov 4, 2022 <ul style="list-style-type: none"> 100% Assorted Fruit Juice Assorted Yogurt Clementine 	Nov 5, 2022 <p style="text-align: center; font-size: 24px; color: gray;">Closed</p>
Nov 6, 2022	Nov 7, 2022	Nov 8, 2022	Nov 9, 2022	Nov 10, 2022	Nov 11, 2022	Nov 12, 2022
Closed	<ul style="list-style-type: none"> Diced Pears in Natural Juice String Cheese 100% Assorted Fruit Juice 	Closed	<ul style="list-style-type: none"> WGR Graham Crackers 100% Assorted Fruit Juice Fresh Plum 	<ul style="list-style-type: none"> Banana Strawberry Waffle Grahams 100% Assorted Fruit Juice 	Closed	Closed
Nov 13, 2022	Nov 14, 2022	Nov 15, 2022	Nov 16, 2022	Nov 17, 2022	Nov 18, 2022	Nov 19, 2022
Closed	<ul style="list-style-type: none"> Fresh Apples (2) 100% Assorted Fruit Juice Assorted Yogurt 	<ul style="list-style-type: none"> Mixed Fruit In 100% Natural Juice String Cheese Clementine (2) 	<ul style="list-style-type: none"> Banana WGR Waffle Grahams 100% Assorted Fruit Juice 	<ul style="list-style-type: none"> Applesauce WGR Animal Crackers Clementine (2) 	<ul style="list-style-type: none"> Fresh Plum 100% Assorted Fruit Juice WGR Cheez-it Crackers 	Closed
Nov 20, 2022	Nov 21, 2022	Nov 22, 2022	Nov 23, 2022	Nov 24, 2022	Nov 25, 2022	Nov 26, 2022
Closed	<ul style="list-style-type: none"> Diced Pears in Natural Juice String Cheese Clementine (2) 	<ul style="list-style-type: none"> Clementine (2) Assorted Yogurt Mixed Fruit In 100% Natural Juice 	<ul style="list-style-type: none"> Fresh Apple 100% Assorted Fruit Juice WGR Graham Crackers 	Closed	Closed	Closed
Nov 27, 2022	Nov 28, 2022	Nov 29, 2022	Nov 30, 2022			
Closed	<ul style="list-style-type: none"> Fresh Apples (2) WGR Cheez-it Crackers 100% Assorted Fruit Juice 	<ul style="list-style-type: none"> Mixed Fruit In 100% Natural Juice String Cheese 100% Assorted Fruit Juice 	<ul style="list-style-type: none"> Banana WGR Waffle Grahams 100% Assorted Fruit Juice 			

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