



**Bangor Union Elementary**  
**Breakfast & Lunch Menu**

November 2022

**Breakfast: Mon-Fri. 8-8:12am or 2nd chance 10-10:10am**

**Grab & Go Breakfast choice of menu entrée or yogurt/crackers or cereal/crackers**

Our Goal: Whole Grains, Low Fat, Reduced Sugar & Sodium, Fresh Fruits and Vegetable Menu that our children can grow strong and enjoy!

Monday	Tuesday	Wednesday	Thursday	Friday
	1-Nov	2-Nov	3-Nov	4-Nov
		<i>Cream Cheese Bagel</i> Fresh Fruit▼	<i>Mini Waffles</i> Fresh Fruit▼	<i>WG Donut</i> Fresh Fruit▼
		WG Fiesta Salad Refried Beans/Cheese Scoops	WG Deli Sandwich Yogurt Cup & Crudité Cup	Grilled BBQ Pork/Bun Side Salad/Tomato/Pickle▼ Baked Fries
		Fruit Cup	Fruit Cup	Fruit Cup
	<b>NO SCHOOL</b>	<i>Crackers</i> Cheese Stick	<i>Fruit Cup</i> Cheese It's	<i>Apple Sauce</i> <i>Beef Jerky</i>
7	8	9	10	11
<i>Fruit Frudel</i> Fresh Fruit▼	<i>Muffin</i> Fresh Fruit▼	<i>Cream Cheese Bagel</i> Fresh Fruit▼	<i>Mini French Toast</i> Fresh Fruit▼	
Hot Dog/WG Bun Chili & Mix Vegi	Chix Teriyaki over rice Green Beans/Corn	Spaghetti Tossed Salad▼	Beef Hamburger/Bun Side Salad/Tomato/Pickle▼ Baked Fries	No School
Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup	
<i>Fruit Cup</i> <i>Cheese Its</i>	<i>PB &amp;</i> <i>Crackers</i>	<i>Fruit Cup</i> Granola Bar	<i>Cheese Stick</i> <i>Crackers</i>	
14	15	16	17	
<i>Fruit Frudel</i> Fresh Fruit▼	<i>Muffin</i> Fresh Fruit▼	<i>Cream Cheese Bagel</i> Fresh Fruit▼	<i>Mini Waffles</i> Fresh Fruit▼	<i>Buttermilk Bar</i> Fresh Fruit▼
WG Corn Dog Baked Beans & Mix Vegi	Chix Parmesan over pasta Green Beans/Corn	Cheese Enchiladas Tossed Salad▼	WG Deli Sandwich Yogurt Cup & Crudité Cup▼	Toasted Cheese Friendship Vegi Soup
Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup
<i>Fruit Cup</i> <i>Sunflower Seeds</i>	<i>Beef Jerky</i> <i>Cheese Stick</i>	<i>Cheese Its</i> <i>Fruit Cup</i>	<i>Yogart</i> <i>Granola Bar</i>	<i>Fruit Cup</i> <i>Cheese Stick</i>
21	22	23	24	25
<span style="font-size: 2em; font-family: cursive;">Happy Thanksgiving</span>				
28	29	30		
<i>Fruit Frudel</i> Fresh Fruit▼	<i>Muffin</i> Fresh Fruit▼	<i>Cream Cheese Bagel</i> Fresh Fruit▼		
Hot Dog/WG Bun Chili & Mix Vegi Fruit Cup	Fiesta Salad Refried beans/Corn Fruit Cup	WG Pizza Tossed Salad▼ Fruit Cup		
<i>PB &amp;</i> <i>Crackers</i>	<i>Cheese Stick</i> <i>Cheese Its</i>	<i>Beef Jerky</i> <i>Fruit Cup</i>		

*"This institution is an equal opportunity provider and employer"*

Milk always served Breakfast & Lunch (1% white or Non-Fat Chocolate), water always available

Menu subject to change as per distribution delivery Fresh Fruit may vary with availability/cost