

MIDDLE/HIGH SCHOOL LUNCH MENU - NOVEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1-Nov	2-Nov	3-Nov
		Baked Chicken Thighs WG Dinner Roll Mashed Potatoes Green Beans Fruit Salad LS Chicken Gravy Choice of Milk OR CHOICE OF SALAD BAR	WG Turkey Pepperoni Pizza Pear Banana Romaine Salad Mix Tri Tator Ketchup Choice of Milk FF Ranch/Italian Dressing OR CHOICE OF SALAD BAR	Taco Salad w/Tortilla Chips Mexican Rice Orange Fruit Mix Beans Salsa Diced Tomato Shredded Lettuce Choice of Milk OR CHOICE OF SALAD BAR
6-Nov	7-Nov	8-Nov	9-Nov	10-Nov
Bean Tostadas Mexican Rice Red Delicious Apple Diced Mango Sliced Carrots Shredded Lettuce/ Salsa Refried Beans RF Shredded Cheese Choice of Milk OR CHOICE OF SALAD BAR	LS Hamburger Patty WG Hamburger Bun RF/RS Sliced Cheese Applesauce Fresh Broccoli Florets Sweet Potato Fries Diced Pineapples Ketchup/Mustard/Ranch Dressing Choice of Milk OR CHOICE OF SALAD BAR	BBQ Pulled Pork Sandwich WG Hamburger Bun Baked Beans Tri Tator Broccoli Orange Fruit Mix Ketchup Choice of Milk OR CHOICE OF SALAD BAR	Chicken Fajitas w/WG Flour Tortilla Mexican Rice Pinto Beans Salsa Shredded Lettuce/Tomato Avocado Strawberries Banana Choice of Milk OR CHOICE OF SALAD BAR	General Tso Chicken Rice Oriental Vegetables Pineapple Tidbits Pear Choice of Milk OR CHOICE OF SALAD BAR
13-Nov	14-Nov	15-Nov	16-Nov	17-Nov
Calzone Marinara Sauce Broccoli Florets Cauliflower Mandarin Oranges Red Delicious Apple Choice of Milk	Grilled Chicken Fajitas Lettuce/Tomato/Cheese Pinto Beans WG Flour Tortilla Salsa Strawberries Diced Mango Avocado Choice of Milk	Bean Tostadas Mexican Rice Refried Beans Red Delicious Apple Diced Mango Sliced Carrots Shredded Lettuce Salsa RF Shredded Cheese Choice of Milk	Roast Turkey and Gravy Dressing Mashed Potatoes Green Beans WG Roll Fruit Salad Pear Chocolate Chip Cookies Choice of Milk	WG Chicken Strips WWW Bread Mashed Potatoes Sliced Carrots LS Chicken Gravy Red Delicious Apple Orange Choice of Milk
20-Nov	21-Nov	22-Nov	23-Nov	24-Nov
Chicken Teriyaki Rice Romaine Salad Fruit Salad Mix Choice of Milk FF Ranch/Italian Dressing OR CHOICE OF SALAD BAR	Spicy Chicken Patty WG Bun Lettuce/Tomato Cucumber Slices Red Delicious Apple Diced Mango Choice of Milk Mayo/Ketchup OR CHOICE OF SALAD BAR	NO School	THANKSGIVING HOLIDAY	NO SCHOOL
27-Nov	28-Nov	29-Nov	30-Nov	
LS Hamburger Patty WG Hamburger Bun RF/RS Sliced Cheese Pineapple Fresh Broccoli Florets Sweet Potato Fries Ketchup/Mustard/Ranch Dressing Applesauce Choice of Milk OR CHOICE OF SALAD BAR	WG Turkey Pepperoni Pizza Pear Pineapple Romaine Salad Mix Corn FF French/Italian Dressing Choice of Milk OR CHOICE OF SALAD BAR	Calzone Marinara Sauce Broccoli Florets Cauliflower Mandarin Oranges Red Delicious Apple Choice of Milk	General Tso Chicken Rice Oriental Vegetables Pineapple Tidbits Pear Choice of Milk OR CHOICE OF SALAD BAR	Choice of Milk 1% White Milk or Skim Chocolate Milk <u>Abbreviations</u> WG = Whole Grain WWW = White Whole Wheat WW = Whole Wheat RF = Reduced Fat RS = Reduced Sodium LS = Low Sodium

MIDDLE/HIGH SCHOOL BREAKFAST MENU - NOVEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1-Nov	2-Nov	3-Nov
		Breakfast Combo Bar WWWG Toast Diced Mango 100% Juice Choice of Milk	WG Cinnamon Cooked French Toast Orange Maple Flavored Syrup 100% Juice Choice of Milk	WG Reduced Sugar Cocoa Puff Choice of Yogurt Pear 100% Juice Choice of Milk
6-Nov	7-Nov	8-Nov	9-Nov	10-Nov
WG Buttermilk Biscuit Sausage Patty Sliced Cheese Pear 100% Juice Choice of Milk	WG Cinnamon Cooked French Toast Strawberries Maple Flavored Syrup 100% Juice Choice of Milk	WG Egg/Cheese Breakfast Pizza Pear Valentina Hot Sauce 100% Juice Choice of Milk	WG Mini Maple Waffles Fruit Mix 100% Juice Choice of Milk Maple Flavored Syrup	WG Reduced Sugar Coca Puffs Cereal Graham Crackers Delicious Red Apple 100% Juice Choice of Milk
13-Nov	14-Nov	15-Nov	16-Nov	17-Nov
WG Sausage Pancakes Mixed Berry Cup Maple Flavored Syrup 100% Juice Choice of Milk	WG Mini Strawberry Pancakes Cinnamon Applesauce Maple Flavored Syrup 100% Juice Choice of Milk	WG Apple Jacks Cereal Graham Crackers Diced Mangoes 100% Juice Choice of Milk	WG Egg/Cheese Breakfast Pizza Red Delicious Apple 100% Juice Choice of Milk	WG Mini Maple Pancakes Cinnamon Applesauce Maple Flavored Syrup 100% Juice Choice of Milk
20-Nov	21-Nov	22-Nov	23-Nov	24-Nov
WG Egg/Cheese Breakfast Pizza Diced Mango 100% Juice Choice of Milk	Breakfast Combo Bar WWWG Toast Banana 100% Juice Choice of Milk	NO SCHOOL	Thanksgiving Holiday	NO SCHOOL
27-Nov	28-Nov	29-Nov	30-Nov	
WG Reduced Sugar Cocoa Puffs Graham Crackers Delicious Red Apple 100% Juice Choice of Milk	WG Egg/Cheese Breakfast Pizza Fruit Cup 100% Juice Choice of Milk	WG Buttermilk Biscuit Sausage Patty Sliced Cheese Pear 100% Juice Choice of Milk	WG Cinnamon Cooked French Toast Strawberries Maple Flavored Syrup 100% Juice Choice of Milk	

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