



# November 2018 - Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h2>Grades 9-12 Lunch</h2> <p><i>MENUS ARE SUBJECT TO CHANGE</i></p>				
			<p>11-1</p> <ul style="list-style-type: none"> <li>★★ Turkey Burger</li> <li>★★ California Chicken Wrap</li> <li>★★ Chinese Chicken Salad</li> <li>★ Aloha Roll - <b>S</b></li> <li>★ Waffle Fries</li> <li>★ Celery Sticks</li> <li>★ Fruit Cup</li> <li>★ Fruit Juice</li> <li>★ Got Milk</li> </ul>	<p>11-2</p> <ul style="list-style-type: none"> <li>★★ Tangerine Chicken &amp; Fried Rice</li> <li>★★ Classic Tuna Sandwich</li> <li>★★ Chicken Caesar &amp; Cheesy Bread</li> <li>★ Broccoli Buds</li> <li>★ Petite Baby Carrots - <b>S</b></li> <li>★ Fruit - <b>S</b></li> <li>★ Frozen Juice Cup</li> <li>★ Got Milk</li> </ul>
<p>11-5</p> <ul style="list-style-type: none"> <li>★★ Whole Grain Deep Dish Cheese Pizza -<b>V</b></li> <li>★★ Toasted Cheese Sandwich -<b>V</b></li> <li>★★ Yogurt Parfait Wholesome Granola -<b>V</b></li> <li>★ Sweet Corn</li> <li>★ Petite Baby Carrots - <b>S</b></li> <li>★ Fruit - <b>S</b></li> <li>★ Fruit Juice</li> <li>★ Got Milk</li> </ul>	<p>11-6</p> <ul style="list-style-type: none"> <li>★ Oven Fried Chicken Drumstick</li> <li>★ Artisan Roll - <b>S</b></li> <li>★★ Yellow Submarine Sandwich</li> <li>★★ Tuna Salad Plate</li> <li>★ Pretzel Roll</li> <li>★ Roasted Potato Wedges</li> <li>★ Fresh Garden Salad</li> <li>★ Fruit - <b>S</b></li> <li>★ Frozen Fruit Cup</li> <li>★ Got Milk</li> </ul>	<p>11-7</p> <ul style="list-style-type: none"> <li>★★ Philly Cheese Steak Sandwich</li> <li>★★ Pastrami &amp; Cheese Croissant</li> <li>★★ Chicken Caesar &amp; Cheesy Bread</li> <li>★ Fiesta Pinto Beans</li> <li>★ Petite Baby Carrots - <b>S</b></li> <li>★ Fruit</li> <li>★ Fruit Juice</li> <li>★ Got Milk</li> </ul>	<p>11-8</p> <ul style="list-style-type: none"> <li>★ Salisbury Steak with Gravy</li> <li>★ Artisan Roll - <b>S</b></li> <li>★★ California Chicken Wrap</li> <li>★★ Chinese Chicken Salad</li> <li>★ Aloha Roll - <b>S</b></li> <li>★ Creamy Mashed Potatoes</li> <li>★ Asian Cucumber Salad</li> <li>★ Fruit Cup</li> <li>★ Fruit Juice</li> <li>★ Got Milk</li> </ul>	<p>11-9</p> <ul style="list-style-type: none"> <li>★★ Turkey Burger</li> <li>★★ Classic Tuna Sandwich</li> <li>★★ Chicken Caesar &amp; Cheesy Bread</li> <li>★ Fresh Garden Salad</li> <li>★ Petite Baby Carrots - <b>S</b></li> <li>★ Fruit - <b>S</b></li> <li>★ Frozen Juice Cup</li> <li>★ Got Milk</li> </ul>
<p>11-12</p> <p style="text-align: center;"><b>VETERANS DAY HOLIDAY</b></p>	<p>11-13</p> <ul style="list-style-type: none"> <li>★★ All Star Turkey Hot Dog -<b>V</b></li> <li>★★ Toasted Cheese Sandwich -<b>V</b></li> <li>★★ Yogurt Parfait Wholesome Granola -<b>V</b></li> <li>★ Golden Hash Brown Patties</li> <li>★ Fresh Garden Salad</li> <li>★ Fruit - <b>S</b></li> <li>★ Frozen Fruit Cup</li> <li>★ Got Milk</li> </ul>	<p>11-14</p> <ul style="list-style-type: none"> <li>★★ Teriyaki Beef Dipper Rice Bowl</li> <li>★★ Pastrami &amp; Cheese Croissant</li> <li>★★ Chicken Caesar &amp; Cheesy Bread</li> <li>★ Broccoli Buds</li> <li>★ Petite Baby Carrots - <b>S</b></li> <li>★ Fruit - <b>S</b></li> <li>★ Fruit Juice</li> <li>★ Got Milk</li> </ul>	<p>11-15</p> <ul style="list-style-type: none"> <li>★ Sliced Turkey and Gravy with Stuffing</li> <li>★ Southern Buttermilk Biscuit</li> <li>★★ California Chicken Wrap</li> <li>★★ Chinese Chicken Salad</li> <li>★ Aloha Roll - <b>S</b></li> <li>★ Creamy Mashed Potatoes</li> <li>★ Fresh Garden Salad</li> <li>★ Fruit Cup</li> <li>★ Fruit Juice</li> <li>★ Got Milk</li> </ul>	<p>11-16</p> <ul style="list-style-type: none"> <li>★★ Manager's Choice</li> <li>★★ Classic Tuna Sandwich</li> <li>★★ Chicken Caesar &amp; Cheesy Bread</li> <li>★ Waffle Fries</li> <li>★ Petite Baby Carrots - <b>S</b></li> <li>★ Fruit - <b>S</b></li> <li>★ Frozen Juice Slush</li> <li>★ Got Milk</li> </ul>



# November 2018 - Menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h2>Grades 9-12 Lunch</h2> <p><i>MENUS ARE SUBJECT TO CHANGE</i></p>				
<b>11-19</b> <ul style="list-style-type: none"> <li>★ Bean &amp; Cheese Bowl - <b>V</b></li> <li>★ Crunchy Tortilla Chips</li> <li>★★ Toasted Cheese Sandwich - <b>V</b></li> <li>★★ Yogurt Parfait Wholesome Granola - <b>V</b></li> <li>★ Fresh Garden Salad</li> <li>★ Petite Baby Carrots - <b>S</b></li> <li>★ Fruit - <b>S</b></li> <li>★ Fruit Juice</li> <li>★ Got Milk</li> </ul>	<b>11-20</b> <ul style="list-style-type: none"> <li>★ Chicken Tenders</li> <li>★ Corn Muffin</li> <li>★★ Yellow Submarine Sandwich</li> <li>★★ Tuna Salad Sandwich</li> <li>★ Pretzel Roll</li> <li>★ Roasted Potato Wedges</li> <li>★ Cucumber Coins</li> <li>★ Frozen Fruit Cup</li> <li>★ Fruit Juice</li> <li>★ Got Milk</li> </ul>	<b>11-21</b> <ul style="list-style-type: none"> <li>★★ Turkey Burger</li> <li>★★ Pastrami &amp; Cheese Croissant</li> <li>★★ Chicken Caesar &amp; Cheesy Bread</li> <li>★ Sweet Corn</li> <li>★ Petite Baby Carrots - <b>S</b></li> <li>★ Fruit - <b>S</b></li> <li>★ Fruit Juice</li> <li>★ Got Milk</li> </ul>	<h2 style="color: red;">THANKSGIVING DAY HOLIDAY</h2>	
<b>11-26</b> <ul style="list-style-type: none"> <li>★★ Bean &amp; Cheese Pupusa Curtido Slaw - <b>V</b></li> <li>★★ Toasted Cheese Sandwich - <b>V</b></li> <li>★★ Yogurt Parfait Wholesome Granola - <b>V</b></li> <li>★ Crinkle Cut Potatoes</li> <li>★ Petite Baby Carrots - <b>S</b></li> <li>★ Fruit - <b>S</b></li> <li>★ Fruit Juice</li> <li>★ Got Milk</li> </ul>	<b>11-27</b> <ul style="list-style-type: none"> <li>★★ Whole Grain Rich Pepperoni Pizza</li> <li>★★ Deli Turkey &amp; Cheese Sandwich</li> <li>★★ Tuna Salad Plate</li> <li>★ Pretzel Roll</li> <li>★ Sweet Corn</li> <li>★ Fresh Garden Salad</li> <li>★ Fruit - <b>S</b></li> <li>★ Frozen Fruit Cup</li> <li>★ Got Milk</li> </ul>	<b>11-28</b> <ul style="list-style-type: none"> <li>★★ Zesty Beef Chalupa with Rice</li> <li>★★ Pastrami &amp; Cheese Croissant</li> <li>★★ Chicken Caesar &amp; Cheesy Bread</li> <li>★ Fiesta Pinto Beans</li> <li>★ Petite Baby Carrots - <b>S</b></li> <li>★ Fruit - <b>S</b></li> <li>★ Fruit Juice</li> <li>★ Got Milk</li> </ul>	<b>11-29</b> <ul style="list-style-type: none"> <li>★★ Turkey Burger</li> <li>★★ California Chicken Wrap</li> <li>★★ Chinese Chicken Salad</li> <li>★ Aloha Roll - <b>S</b></li> <li>★ Waffle Fries</li> <li>★ Celery Sticks</li> <li>★ Fruit Cup</li> <li>★ Fruit Juice</li> <li>★ Got Milk</li> </ul>	<b>11-30</b> <ul style="list-style-type: none"> <li>★★ Tangerine Chicken &amp; Fried Rice</li> <li>★★ Classic Tuna Sandwich</li> <li>★★ Chicken Caesar &amp; Cheesy Bread</li> <li>★ Broccoli Buds</li> <li>★ Petite Baby Carrots - <b>S</b></li> <li>★ Fruit - <b>S</b></li> <li>★ Frozen Juice Cup</li> <li>★ Got Milk</li> </ul>

Posted 10/25/18

**All of the Grain/Bread items served are Whole Grain Rich.**

Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat

★: For a reimbursable meal, pick at least 3 ★'s. **One** ★ must be a fruit or vegetable

**S**: Items with an (**S**) can be saved for later

**V**: Vegetarian items

\*\*Farm Fresh Fruits: Apple, Orange, Banana

Daily Options: Yogurt & Granola, Deli Cheese Sandwich, Toasted Cheese Sandwich, Vegan Burrito

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