

NOVEMBER 2019 - Menus



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h2>Grades 6-8 Lunch</h2> <p><i>MENUS ARE SUBJECT TO CHANGE</i></p>				
				11-1 Teriyaki Beef Dipper Rice Bowl Grande Cheeseburger Chinese Chicken Salad Aloha Roll Classic Tuna Sandwich Broccoli Buds Petite Baby Carrots - S Frozen Peach Pop
11-4 Bean & Cheese Chimichanga - V Yogurt Parfait Wholesome Granola - V Deli Cheese Sandwich - V or Toasted Cheese Sandwich - V Marinara Sauce Cup Roasted Potato Wedges Fruit Cup	11-5 Buffalo Chicken Bites Artisan Roll Chicken Caesar Salad & Cheesy Bread Deli Turkey & Cheese Sandwich Fresh Garden Salad Fiesta Pinto Beans OR Campfire Baked Beans Frozen Juice Slush	11-6 Taco Bean Dip Crunchy Tortilla Chips Chinese Chicken Salad Aloha Roll Pastrami & Cheese Croissant Petite Baby Carrots - S Sweet Corn or Roasted Corn or Street Corn Fruit - S	11-7 WG Pepperoni Pizza Wedge and/or WG Hawaiian Pizza Chicken Caesar Salad & Cheesy Bread Yellow Submarine Sandwich Celery Sticks Ruffle Fries Frozen Fruit Cup	11-8 Cherry Blossom Chicken Bowl Chinese Chicken Salad Aloha Roll Classic Tuna Sandwich Broccoli Buds Petite Baby Carrots - S Frozen Peach Pop
11-11 <p style="text-align: center;">VETERANS DAY HOLIDAY</p>	11-12 Grande Cheeseburger Yogurt Parfait Wholesome Granola - V Deli Cheese Sandwich - V or Toasted Cheese Sandwich - V Marinara Sauce Cup Sweet Corn or Roasted Corn or Street Corn Frozen Juice Cup	11-13 Philly Cheese Steak Sandwich Chinese Chicken Salad Aloha Roll Pastrami & Cheese Croissant Celery Sticks Mini Potato Tots Fruit - S	11-14 Oven Fried Chicken Drumstick Cornbread Chicken Caesar Salad & Cheesy Bread Yellow Submarine Sandwich Fresh Garden Salad Creamy Mashed Potatoes Frozen Fruit Cup	11-15 Teriyaki Beef Dipper Rice Bowl Chinese Chicken Salad Aloha Roll Classic Tuna Sandwich Broccoli Buds Petite Baby Carrots - S Frozen Peach Pop

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

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<h2>Grades 6-8 Lunch</h2> <p><i>MENUS ARE SUBJECT TO CHANGE</i></p>				
<p>11-18</p> <p>Possible Burger - V Yogurt Parfait Wholesome Granola - V Deli Cheese Sandwich - V or Toasted Cheese Sandwich - V Roasted Potato Wedges Petite Baby Carrots - S Fruit Cup</p>	<p>11-19</p> <p>Homestyle Chicken Tenders Waffles Chicken Caesar Salad & Cheesy Bread Deli Turkey & Cheese Sandwich Marinara Sauce Cup Fiesta Pinto Beans or Campfire Baked Beans Frozen Juice Slush</p>	<p>11-20</p> <p>Holiday Turkey and Gravy with Stuffing Aloha Roll Chinese Chicken Salad Aloha Roll Pastrami & Cheese Croissant Creamy Mashed Potatoes Sweet Corn or Roasted Corn or Street Corn Fruit - S</p>	<p>11-21</p> <p>WG Pepperoni Pizza Wedge and/or WG Hawaiian Pizza Chicken Caesar Salad & Cheesy Bread Yellow Submarine Sandwich Fresh Garden Salad Roasted Potato Wedges Fruit Cup</p>	<p>11-22</p> <p>Orange Meatball Rice Bowl Yogurt Parfait Wholesome Granola - V Classic Tuna Sandwich Broccoli Buds Petite Baby Carrots - S Frozen Peach Pop</p>
<p>11-25</p> <p>Bean & Cheese Pupusa Curtido Slaw - V Yogurt Parfait Wholesome Granola - V Tangy Salsa Cup Sweet Corn or Roasted Corn or Street Corn Fruit - S</p>	<p>11-26</p> <p>Mini Chicken Corn Dogs Deli Turkey & Cheese Sandwich Mini Potato Tots Fiesta Pinto Beans or Campfire Baked Beans Frozen Juice Slush</p>	<p>11-27</p> <p>Grande Cheeseburger Pastrami & Cheese Croissant Roasted Potato Wedges Petite Baby Carrots - S Fruit - S</p>	<p>11-28</p> <p>THANKSGIVING DAY HOLIDAY</p>	
<p>11-29</p>				

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Posted 10/23/19

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

Per USDA, students MUST take at least 3 components as part of their lunch (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: All Star Turkey Hot Dog*, Grande Burger*, Golden Chicken Filet Sandwich*, WG Cheese Pizza Wedge, Yogurt & Granola and Vegan Burrito *Tuesday-Friday Only

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