

# NOVEMBER 2019 - Menus



**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

## Grades 9-12 Lunch

*MENUS ARE SUBJECT TO CHANGE*

				11-1 Teriyaki Beef Dipper Rice Bowl Grande Cheeseburger Chinese Chicken Salad Aloha Roll Classic Tuna Sandwich Broccoli Buds Petite Baby Carrots - <b>S</b> Frozen Peach Pop Fruit Juice
11-4 Bean & Cheese Chimichanga - <b>V</b> Yogurt Parfait Wholesome Granola - <b>V</b> Deli Cheese Sandwich - <b>V</b> or Toasted Cheese Sandwich - <b>V</b> Marinara Sauce Cup Roasted Potato Wedges Fruit Cup Fruit Juice	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 Fruit - <b>S</b> Frozen Juice Slush	11-6 Taco Bean Dip Crunchy Tortilla Chips Chinese Chicken Salad Aloha Roll Pastrami & Cheese Croissant Petite Baby Carrots - <b>S</b> Sweet Corn or Roasted Corn or Street Corn Fruit - <b>S</b> Fruit Juice	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 Fruit Juice	11-8 Cherry Blossom Chicken Bowl Chinese Chicken Salad Aloha Roll Classic Tuna Sandwich Broccoli Buds Petite Baby Carrots - <b>S</b> Frozen Peach Pop Fruit Juice
11-11 <b>VETERANS DAY HOLIDAY</b>	11-12 Grande Cheeseburger Yogurt Parfait Wholesome Granola - <b>V</b> Deli Cheese Sandwich - <b>V</b> or Toasted Cheese Sandwich - <b>V</b> Marinara Sauce Cup Sweet Corn or Roasted Corn or Street Corn Fruit - <b>S</b> Frozen Juice Cup	11-13 Philly Cheese Steak Sandwich Chinese Chicken Salad Aloha Roll Pastrami & Cheese Croissant Celery Sticks Mini Potato Tots Fruit - <b>S</b> Fruit Juice	11-14 Oven Fried Chicken Drumstick Cornbread Chicken Caesar Salad & Cheesy Bread Yellow Submarine Sandwich Fresh Garden Salad Creamy Mashed Potatoes Frozen Fruit Cup Fruit Juice	11-15 Teriyaki Beef Dipper Rice Bowl Chinese Chicken Salad Aloha Roll Classic Tuna Sandwich Broccoli Buds Petite Baby Carrots - <b>S</b> Frozen Peach Pop Fruit Juice

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

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