



Join Us for Breakfast! BREAKFAST SERVED AT HIGH SCHOOL 7:00 - 7:30 MIDDLE SCHOOL 7:15 Student Price \$1.35 Reduced \$0.25 Free \$0.00

November 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Maple Glazed French Toast Turkey Sausage Links Crispy Turkey Bacon Fresh Red & Green Pepper Strips Fresh Fruit	Tyson Chicken Nuggets Fresh Baked Breadstick Steamed Cabbage Oven Baked French Fries Fresh Fruit	Meat Lovers Stromboli Salami, Pepperoni, Turkey Ham & Mozzarella Cheese Marinara Dipping Sauce Roasted Carrots Fresh Cucumber Coins Fresh Fruit
Meatball Hero On a club roll Roasted Broccoli Fresh Carrot Sticks Fresh Fruit	NO SCHOOL Superintendents Conference Day	Macaroni & Cheese Garlic Breadstick Seasoned Mixed Vegetables Fresh Cucumber Coins Fresh Fruit	Tyson Chicken Nuggets Fresh Baked Breadstick Seasoned Peas & Carrots Oven Baked French Fries Fresh Fruit	NO SCHOOL 
Chicken Parmesan On a Kaiser roll Roasted Green Beans Fresh Carrot Sticks Fresh Fruit	Taco Tuesday Seasoned Beef Tostitos Scoops Mexicali Corn Vegetarian Beans Fresh Fruit	Soup & Sandwich Grilled Cheese Sandwich Tomato Soup Fresh Celery Sticks Fresh Fruit	Tyson Chicken Nuggets Fresh Baked Breadstick Seasoned Broccoli Roasted Herb Potato Fresh Fruit	Mozzarella Sticks Marinara Dipping Sauce Steamed Mixed Vegetables Fresh Baby Carrots Fresh Fruit
All American Burger Bar All Beef Burger Assorted Rolls & Cheese Tomato, Lettuce & Onions Baked BBQ Beans Fresh Carrot Sticks Fresh Fruit	Philly Cheese Steak on Flat Bread Sliced Beef Sautéed Peppers & Onions Fresh Cucumber Coins Fresh Fruit	Tyson Chicken Nuggets Fresh Baked Breadstick Roasted Broccoli Roasted Herb Potato Fresh Fruit	NO SCHOOL Thanksgiving Recess 	NO SCHOOL Thanksgiving Recess
Teriyaki Chicken Quesadilla Mexican Rice Fresh Carrot Sticks Fresh Fruit	Lasagna Garlic Breadstick Seasoned Peas Fresh Cucumber Coins Fresh Fruit	Maple Glazed French Toast Turkey Sausage Links Crispy Turkey Bacon Seasoned Mixed Vegetables Fresh Red & Green Pepper Strips Fresh Fruit	Tyson Chicken Nuggets Fresh Baked Breadstick Oven Baked Fries Roasted Broccoli Fresh Fruit	A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, two (2) fruit side dishes and a choice of milk which includes, 1% white, fat free white & skim chocolate.

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Choose as an Alternate Fruit or Vegetable With Any Meal:

Dark Leafy Greens, Seasonal Vegetables and Fresh Fruit

Additional Daily Lunch Offerings:

- Pizza:** Variety of Pizza Daily
- Deli Bar:** Boar's Head (or equivalent) made-to-order sandwiches
- Side Salads:** Mon: Chick Pea; Tues: Three Bean Salad; Wed: Corn & Black Bean; Thurs: Coleslaw; Fri: Cucumber & Tomato
- Entrée Salads:** Offered Daily
- Chicken Patties:** Offered Mon, Wed, Fri
- Hot Dogs & Hamburgers:** Offered Tues & Thurs
- Bagel Meal:** Fresh Bagel with All-Natural Yogurt and/or Cheese and Fruit, Vegetable and Milk
- Yogurt Parfait:** All-Natural Yogurt with Granola and Fruit

Menu is subject to change

This institution and the USDA is an equal opportunity employer and provider.

