

November 2017

JR/SR High School



| | | | |
|-----------|--------------|--------------|-------------|
| Breakfast | 7:30 – 8:00 | Lunch | |
| Student | Reduced FREE | Reduced FREE | Paid FREE |
| Adults | Paid \$2.40 | Paid \$2.40 | Paid \$3.80 |

MENU SUBJECT TO CHANGE



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

DIABETES AWARENESS MONTH

Monday



Tuesday

Wednesday

Thursday

Friday

Turkey Club Wraps 1
V: Roasted Veg. Wraps
 Carrot Sticks w/Dip
 Pears
 Asst. Milk

Hot Dog on a Roll 2
V: Fish Patty
 Vegetarian Beans
 Pears, Asst. Milk
 French Fries

Pepperoni Cheese Bread 3
V: Cheese Bread
 Caesar Salad
 Fresh Honeydew
 Asst. Milk

Loaded Nachos w/Chili 6
V: Cheese Nachos
 Salsa
 Peaches
 Asst. Milk

NO SCHOOL 7

French Toast Sticks w/Turkey Sausage 8
V: Falafel Patties
 Corn
 Apple Sauce
 Asst. Milk

Italian Mix Sub 9
V: Caprese Wrap
 Broccoli w/ Cheese
 Orange Wedges
 Asst. Milk

NO SCHOOL 10

Chicken Nuggets w/ Fried Rice 13
V: Fish Nuggets
 Green Beans
 Mixed Fruit
 Asst. Milk

Ham & Cheese Croissant 14
V: Cheese Croissant
 Tomato Soup & Carrots Sticks
 Pears
 Asst. Milk

Sloppy Joe on a Roll 15
V: Vegetarian Beans
 Peaches
 Asst. Milk
 Hash Brown

Baked Chicken 16
V: Baked Fish
 Corn
 Apple Sauce
 Asst. Milk
 French Fries

Mozzarella Cheese Sticks w/ Sauce, 17
 Baked Cookie
 Caesar Salad
 Fresh Cantaloupe
 Asst. Milk

Cheeseburger 20
V: Veggie Burger
 Baked Beans
 Fresh Fruit Salad
 French Fries
 Asst. Milk

Turkey w/ Stuffing 21
 Mashed Potatoes w/Gravy
 Maize
 Apple Crisp
 Asst. Milk

NO SCHOOL 22

NO SCHOOL 23

NO SCHOOL 24

Chicken Patty on a Roll 27
V: Fish on a Roll
 Green Beans
 Mixed Fruit
 Asst. Milk
 French Fries

French Toast Sticks w/Turkey Sausage 28
V: Falafel Patties
 Corn
 Apple Sauce
 Asst. Milk

Spaghetti w/ Meat Sauce 29
 Broccoli
 Pears
 Asst. Milk

Chicken Quesadilla 30
V: Cheese Quesadilla
 Carrot Sticks w/Dip
 Mixed Fruit
 Asst. Milk

Offered Daily
 Asst. Sandwiches
 Salad Bar
 Asst. Fresh Fruit
 Asst. 100% Fruit Juice