

NOVEMBER | 2022



High School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Cheeseburgers or Chicken Tenders Mac & Cheese Green Beans Garden Salads Peach Cups Frozen Sidekicks Milk	1 All Saints Day No School	2 Chicken Patty on Bun or Salisbury Steak with Roll Mashed Potatoes Glazed Carrots Pineapple Tidbits Fresh Fruit Milk	3 Beef Enchiladas or Queso Chicken over Rice Salsa, Sour Cream Black Beans, Corn Mexican Salad Applesauce Cups Fresh Fruit Milk	4 Pizza Crunchers or Mini Cheese Calzones Marinara Sauce Steamed Broccoli Garden Salads Mandarin Oranges Fresh Fruit Milk
7 Chicken Quesadilla or Cheese Quesadilla Salsa, Sour Cream Corn Refried Beans Peach Cups Frozen Sidekicks Milk	8 3, 4, or 5-Way Chili Spaghetti Kidney Beans Shredded Cheese, Onions Oyster Crackers Green Beans Garden Salads Pear Cups, Fresh Fruit Milk	9 Two Chicken Drumsticks Dinner Rolls Chicken Gravy Mashed Potatoes Garden Salads Pineapple Tidbits Fresh Fruit Milk	10 Chicken or Beef Philly Sandwich Sautéed Peppers & Onions Potato Wedges Glazed Carrots Applesauce Cups Fresh Fruit Milk	11 Cheese Bites Marinara Sauce Steamed Broccoli Veggie Boats Mandarin Oranges Fresh Fruit Milk
14 Chicken Patty Sandwich or Pollo Chicken over Rice with Dinner Roll Seasoned Potatoes Baked Beans Peach Cups Frozen Sidekicks Milk	15 Pancakes Cheese Omelets Sausage Patties Carrots & Celery with Dip Smile Fries Baked Apples Fresh Fruit Milk	16 Turkey Roast with Gravy Dinner Rolls Mashed Potatoes Green Beans Stuffing Pineapple Tidbits, Fresh Fruit Pumpkin Pie Milk	17 Hot Dog or Cheese Coney Potato Wedges Veggie Boats Applesauce Cups Fresh Fruit Milk	18 Fish Sandwich or Cheesy Flatbread Mac & Cheese Kale Slaw Green Beans Mandarin Oranges Fresh Fruit Milk
21 Cheese Pizza or Pepperoni Pizza Steamed Broccoli Corn Peach Cups Frozen Sidekicks Milk	22 Sweet Chili Meatballs or Honey Siracha Chicken Bowl Glazed Carrots Broccoli with Dip Pear Cups Fresh Fruit Milk	23 Happy Thanksgiving No School	24 Thanksgiving No School	25 No School
28 Cheeseburgers or Chicken Tenders Mac & Cheese Green Beans Garden Salads Peach Cups Frozen Sidekicks Milk	29 Hot Honey Barbecue or Buffalo Chicken Dip Baked Beans Celery with Dip Pear Cups Fresh Fruit Milk	30 Chicken Patty on Bun or Salisbury Steak with Roll Mashed Potatoes Glazed Carrots Pineapple Tidbits Fresh Fruit Milk	1	2

Alternate Meal Options

Milk and choice of fruits and vegetables offered daily with all alternate meal options

PB&J Grab & Go

PB&J Uncrustable, cheese stick, goldfish crackers

Turkey/Cheese Lunchable

Turkey, cheese cubes, goldfish crackers and pretzels

Hummus Grab & Go

Hummus cup, cheese stick, tortilla chips

Protein Pack

Hard-boiled egg, cheese cubes, goldfish crackers and pretzels

Chef Salad

Turkey or hard-boiled egg, Romaine, goldfish crackers and pretzels

Buffalo or Plain Chicken Wrap

Turkey/Cheese or Ham/Cheese Sandwich

Meat options not offered on Fridays

Menu subject to change by product availability