



November 2022- Lunch Menu

Students Must Take ½ Cup Of Fruit Plus 2 Other Items Of Their Choice

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<p>On Thursday and Friday, High School Students (9th-12th) will have the option to take either the main meal served for the day, or Salad Bar freshly prepared daily. Mixed Salad, Spinach, Cucumber, Broccoli, Cheese Cup, diced Ham, Shredded Carrots, Boiled Egg, Croutons, Ranch</p>						
		1 Cheese Pull Apart, Chicken Noodle Campbell Soup, Baby Carrots, Orange, Mixed Fruit	2 Pepperoni Pizza, Corn, Mixed Salad, Pineapple, Applesauce, Ranch, Jalapenos	3 Hamburger, Iceberg Lettuce, Sliced Tomato, Cucumber, Pickles, Pear, Kiwis, Ketchup, Mustard, Hot Cheetos	4 Tuna Sandwich, Iceberg Lettuce, Sliced Tomato, Strawberries, Orange, Celery Stick, Doritos, Mustard	5
6	7 Ground Beef, Soft Taco, Shredded Lettuce, Diced Tomato, Baby Carrots, Peaches, Tangerine, Sour Cream, Salsa, Cheese Cup	8 Bean and Cheese Burrito, Rice, Corn, Pineapple, Fresh Pear, Salsa	9 Orange Chicken, Steamed Rice, Broccoli, Roll, Corn, Red Apple	10 Cheeseburger, Iceberg Lettuce, Sliced Tomato, Jicama Sticks, Mixed Fruit, Orange, Ketchup, Mustard	11 <u>No</u> <u>School</u>	12
13	14 Fish Sticks, Corn on the Cob, Celery Sticks, Apple Juice, Grapes, Lays Potato Chips, BBQ Sauce, Ketchup	15 Spaghetti with Meat, Roll, Green Beans, Cheese Cup, Baby Carrots, Red Apple	16 Calzone Turkey Pepperoni and Cheese, Mixed Salad, Broccoli, Applesauce, Kiwis, Doritos	17 Chicken Drumstick, Potato Salad, Corn on the Cob, Roll, Orange, Peaches	18 Turkey and Cheese Sandwich, Iceberg Lettuce, Sliced Tomato, Jicama Sticks, (Avocado 9 th -12 th only), Red Apple, Mustard, Hot Cheetos	19
20	21 	22 Thanks giving	23	24 Break	25 	26
27	28 Pepperoni Pizza, Corn, Green Beans, Jalapenos, Pineapple, Peaches, Ranch	29 Frito Boat, Mixed Vegetables, Frito Chips, Cheese Cup, Orange, Pear	30 Chicken Strips, Roll, Corn on the Cob, Mixed Fruit, Applesauce, Doritos, BBQ Sauce, Ketchup	Milk With Every Meal	Menu Subject To Change	