



NOVEMBER | 2018

Hamady Middle/High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BBQ RIBLET OR HAMBURGER PATTY ON A WG BUN TOMATO SOUP W/ CRACKERS PINEAPPLE TIDBITS	2 NACHO GRANDE W/ MEAT & CHEESE BAKED BEANS CINNAMON ROLL SALSA OR DELI SANDWICH SLICED TOMATOES 100% JUICE
5 COOK'S CHOICE OR CHEF BOYARDEE RAVIOLI GARLIC TWIST BREADSTICK GREEN BEANS DICED PEACHES/LS	6 DONMINO'S PIZZA OR DELI SANDWICH CARROT STICKS W/ LO FAT RANCH APPLESAUCE CUP POLAR BLAST BAR	7 WG BREADED CHICKEN NUGGETS WG DINNER ROLL OR COOK'S CHOICE MASHED POTATOES W/ GRAVY MANDARIN ORANGES	8 HALF DAY NO LUNCH	9 HALF DAY NO LUNCH
12 KOEGL HOTDOG ON A WG BUN CONEY SAUCE OR BOSCO STICKS W/ MARINARA OVEN FRIES PINEAPPLE TIDBITS	13 DONMINO'S PIZZA OR DELI SANDWICH CARROT STICKS W/ LO FAT RANCH APPLESAUCE CUP POLAR BLAST BAR	14 LASAGNA ROLL UPS GARLIC BREADSTICK OR COOK'S CHOICE WHOLE KERNEL CORN DICED PEARS IN LITE SYRUP	16 CHICKEN NOODLE SOUP W/ OYSTER CRACKERS CHEESY BREAD OR PIZZA CALZONE SICILIAN BLEND VEGGIES WATERMELON	16 NACHO GRANDE W/ MEAT & CHEESE BAKED BEANS CINNAMON ROLL SALSA OR DELI SANDWICH SLICED TOMATOES 100% JUICE
19 CHICKEN ALFERDO DINNER ROLL OR COOK'S CHOICE BRUSSEL SPROUTS FRUIT COCKTAIL IN LITE SYRUP 100% JUICE	20 WG BREADED BAKED CHICKEN MASHED POTATOES W/ GRAVY STUFFING WG DINNER ROLL SORBET CUP	21 HALF DAY NO LUNCH	22 NO SCHOOL	23 NO SCHOOL
26 CHILI CHEESE FRIES PRETZEL STICK OR COOK'S CHOICE OVEN FRIES KEY WEST VEGGIES DICED PEARS IN LITE SYRUP	27 DONMINO'S PIZZA OR DELI SANDWICH CARROT STICKS W/ LO FAT RANCH APPLESAUCE CUP POLAR BLAST BAR	28 WG BREADED CHICKEN TENDERS OR MEATBALL SUB STEAMED BROCCOLI W/ CHEESE SAUCE WATERMELON	29 HAWK PIZZA W/ ASSORTED TOPPINGS OR COOK'S CHOICE WHOLE KERNEL CORN MANDARIN ORANGES SORBET CUP	30 HALF DAY SACK LUNCH

News

**MENU IS SUBJECT
TO CHANGE**

**FRESH FRUIT AVAILABLE
DAILY**

**ALL MEALS INCLUDE
1% WHITE MILK OR
1% CHOCOLATE MILK**

PLUS

**VEGGIE BAR
(LETTUCE, TOMATOES
CARROTS, CELERY,
CUCUMBERS, BROCCOLI)**

LUNCH PRICES

**ADULTS \$3.75
MILK \$.50**

**DAILY MENU CHOICES
WILL INCLUDE:**

**DELI SANDWICH
CHEF SALAD**