



Feeding Hungry Minds

High School Menu

November 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1- Lunch				
4	5	6	7	8
Homestyle Favorite Meatloaf AuGratin Potatoes Green Beans Dinner Roll	Breakfast for Lunch French Toast Sticks Scrambled Eggs Sausage Patty ∞ Tater Tots	Tortilla Soup Bar Green Chile Soup Broth ***Fajita Chicken Assorted Toppings Tortilla Chips *** Plantfare Available	Flatbread Pepperoni Or Cheese Flatbread Freshly Tossed Caesar Salad	***Nacho Bar Tortilla Chips ***Seasoned Taco Meat Or Fajita Chicken Refried Beans Nacho Cheese
Week 2- Lunch				
11	12	13	14	15
Veteran's Day	***Asian Bowl ***Teriyaki or Orange Chicken Fried Rice or Noodles Steamed Vegetable	***Backyard BBQ ***BBQ Pulled Pork ∞ or BBQ Chicken Cowboy Beans, Cole Slaw Golden Corn Hamburger Bun	***Taco Bar ***Seasoned Taco Meat or Seasoned Chicken Cilantro Lime Rice Refried Beans Hard Taco Shells	Fish N Chips Breaded Pollock Seasoned Fries Coleslaw Dinner Roll or Sandwich Style
Week 3- National School Lunch Week				
18	19	20	21	22
Popcorn Chicken Bowl Popcorn chicken Mashed Potatoes w/ Gravy Golden Corn Biscuit	Chicken Noodle Soup Bar Soup Stock ***Herbed Chicken Pasta Roasted Vegetable Cheese Stick	Chili Bar Chili Tots w/ Corn Bread or Chili Dog w/ Tater Tots Assorted Toppings	Turkey Dinner Oven Roasted Turkey Mashed Potatoes w/ Gravy Green Beans Dinner Roll	Chicken & Waffles Boneless Chicken Wings w/ Waffles Southern Green Beans
Week 4- Lunch				
Dec.1st	2	3	4	5
Pick'N Chick'N Breaded or Grilled Chicken Patty w/ Assorted Toppings and Sauces Seasoned Fries	***Asian Bowl ***Sweet & Sour Chicken or Beef & Broccoli Fried Rice or Noodles Steamed Vegetable	***Pasta Bar Alfredo or Marinara Sauce ***Chicken or Seasoned Beef Seasoned Broccoli Garlic Breadstick	***Street Tacos Carne Asada or Chicken Fajita Charro Beans Cilantro Lime Rice	Saucy Boneless Wings w/ Choice of BBQ, Buffalo or Teriyaki Sauce Seasoned Fries Garlic Breadstick



Available Daily for Lunch
 Cheese Pizza or Pepperoni Pizza

Rise & Shine

Available Daily for Breakfast

- Cinnamon Roll
- Pan Dulce
- Bagel & Cream Cheese
- Yogurt Parfait
- Bosco Stick
- Assorted Cereal w/ String Cheese

Daily Breakfast Specials

- Monday** Dutch Waffle w/ Sausage
- Tuesday** Bacon, Egg & Cheese Croissant
- Wednesday** Pancakes w/ Sausage
- Thursday** Egg & Cheese English Muffin
- Friday** Hand Rolled Breakfast Burrito

What's for Lunch

Available Daily

THE GRILL



- Crispy Chicken Sandwich
- Spicy Chicken Sandwich
- Cheeseburger &
- Chicken Tenders w/ Garlic Breadstick

FRESH Fit

Salads

- Week 1 & 3 : Chef Salad w/ Dinner Roll
- Week 2 & 4 : Cranberry Chicken Salad w/ Dinner Roll

Wraps

- Week 1 & 3: Chicken Caesar Wrap
- Week 2 & 4: Turkey Ranch Wrap

Vegetarian Options

- Monday** Bean & Cheese Burrito
- Tuesday** Cheese Stick w/ Marinara
- Wednesday** B-4 The Burger
- Thursday** Cheese Stick w/ Marinara
- Friday** Bean & Cheese Burrito

All Meals are served with choice of Fat Free Chocolate Milk or 1% Milk and choice of Fresh Fruit & Vegetables. USDA and this Institution are Equal Opportunity Providers and Employers.

Breakfast \$1.50
 Lunch \$ 3.25