



# Middle School Lunch Menu November 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> <p><b>Spaghetti &amp; Meatballs w/Dinner Roll</b>            Chicken Taco w/Brown Rice            Kickin' Pinto Taco Salad w/Tortilla Chips (V)            Seasoned Broccoli</p>	<p>NO SCHOOL</p>	<p>8</p> <p><b>Chili Cheese Fries w/Dinner Roll</b>            Turkey Deli Sandwich            Three Cheese Melt w/Tomato Soup (V)            Campfire Beans</p>	<p>9</p> <p><b>Potato Crusted Fish Nuggets w/Macaroni &amp; Cheese</b>            BBQ Cheeseburger            Macaroni &amp; Cheese (V)            Seasoned Green Beans</p>	<p>10</p> <p><b>Sweet &amp; Sour Chicken w/Yellow Rice</b>            Cheeseburger            Roasted Vegetables &amp; Cheese Sub (V)            Seasoned Green Peas</p>
<p>13</p> <p><b>Oven Roasted Chicken w/Dinner Roll</b>            Beef &amp; Bean Nachos w/Cilantro Rice            Veggie Burger (V)            Kickin' Pinto Beans</p>	<p>14</p> <p><b>Vegetarian Chili Topped Potato (V)</b>            Ranch Chicken Salad w/Dinner Roll            Grilled Turkey Ham and Cheese Sandwich            Seasoned Broccoli</p>	<p>15</p> <p><b>General Tso's Chicken w/Brown Rice</b>            Egg Chef Salad w/Dinner Roll (V)            Sriracha Crunch Cheese Burger            Ginger Glazed Carrots</p>	<p>16</p> <p><b>Thanksgiving Meal</b>  <b>Roast Turkey w/ Gravy</b>            Cheesy Broccoli Rice Casserole (V)            Cornbread Dressing, Cranberry Sauce,            Mashed Sweet Potatoes, Seasoned            Collard Greens, Peach Crisp</p>	<p>17</p> <p><b>Rotini w/ Beef Meat Sauce &amp; Dinner Roll</b>            Beef Meatball Sub            Cheese Pizza (V)            Seasoned Green Beans</p>
<p>20</p> <p>THANKSGIVING BREAK</p>	<p>21</p> <p>THANKSGIVING BREAK</p>	<p>22</p> <p>THANKSGIVING BREAK</p>	<p>23</p> <p>THANKSGIVING BREAK</p>	<p>24</p> <p>THANKSGIVING BREAK</p>
<p>27</p> <p><b>Salisbury Steak w/Brown Rice</b>            Taco Pizza            Mediterranean Vegetable Wrap (V)            Seasoned Green Peas</p>	<p>28</p> <p><b>Chicken Nuggets w/Dinner Roll</b>            Cheeseburger            Greek Salad w/Dinner Roll (V)            Charro Beans</p>	<p>29</p> <p><b>Enchilada Casserole (V)</b>            Tuna Salad Sandwich            Flatbread Buffalo Chicken Pizza            Seasoned Green Beans</p>	<p>30</p> <p><b>Orange Chicken &amp; Broccoli w/Cilantro Rice</b>            Beef Taco Salad w/Tortilla Chips            Cheese Stromboli (V)            Sweet Potato Fries</p>	<p>Dec. 1</p> <p><b>BBQ Chicken w/Cornbread</b>            Sloppy Joe            Bean &amp; Cheese Nachos w/Brown Rice (V)            Sautéed Kale</p>

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(V) = Vegetarian

**OFFERED DAILY:** 100% Fruit Juice, Fruit (to include but not limited to apple/orange wedges, banana and grapes), & a Variety of Milk

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# November 2017

## APS Salad Bowl Middle School



Served Every Day:  
Tossed Leafy Greens, Cucumbers, & Tomatoes  
Onions (sliced/diced), Jalapeno Peppers, & Pickles

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Red Pepper Strips Fresh Fruit Sliced Peaches	7 NO SCHOOL	8 Fresh Zucchini Slices Fresh Fruit Sliced Pears	9 Celery Sticks Fresh Fruit Pineapple Tidbits	10 Baby Carrots Fresh Fruit Mixed Fruit
13 Fresh Zucchini Slices Fresh Fruit Sliced Peaches	14 Red Pepper Strips Fresh Fruit Applesauce	15 Broccoli Bites Fresh Fruit Sliced Pears	16 Celery Sticks Fresh Fruit Pineapple Tidbits	17 Baby Carrots Fresh Fruit Mixed Fruit
20 THANKSGIVING BREAK	21 THANKSGIVING BREAK	22 THANKSGIVING BREAK	23 THANKSGIVING BREAK	24 THANKSGIVING BREAK
27 Broccoli Bites Fresh Fruit Sliced Peaches	28 Fresh Zucchini Slices Fresh Fruit Applesauce	29 Fresh Red Peppers Fresh Fruit Sliced Pears	30 Celery Sticks Fresh Fruit Pineapple Tidbits	Dec. 1 Baby Carrots Fresh Fruit Mixed Fruit

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# Middle Breakfast in the Classroom Menu November 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Oatmeal Raisin Bar Fresh Fruit 100% Fruit Juice Variety of Milk	7 NO SCHOOL	8 Apple Cinnamon Muffin & Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk	9 Berry French Toast Fresh Fruit 100% Fruit Juice Variety of Milk	10 Country Chicken Biscuit Fresh Fruit 100% Fruit Juice Variety of Milk
13 Cinnamon French Toast Fresh Fruit 100% Fruit Juice Variety of Milk	14 Maple Pancakes Fresh Fruit 100% Fruit Juice Variety of Milk	15 Banana Muffin w/Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk	16 Assorted Cereal w/Graham Crackers Fresh Fruit 100% Fruit Juice Variety of Milk	17 Apple Frudel Fresh Fruit 100% Fruit Juice Variety of Milk
20 THANKSGIVING BREAK	21 THANKSGIVING BREAK	22 THANKSGIVING BREAK	23 THANKSGIVING BREAK	24 THANKSGIVING BREAK
27 Oatmeal Raisin Bar Fresh Fruit 100% Fruit Juice Variety of Milk	28 Berry French Toast Fresh Fruit 100% Fruit Juice Variety of Milk	29 Assorted Cereal w/Graham Crackers Fresh Fruit 100% Fruit Juice Variety of Milk	30 Apple Frudel Fresh Fruit 100% Fruit Juice Variety of Milk	Dec. 1 Banana Muffin w/Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk

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