



# November 2017 High School Lunch Menu

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Homemade Creations	<b>Spaghetti &amp; Meatballs</b> Dinner Roll  Seasoned Broccoli	<b>NO SCHOOL</b>	<b>Chili Cheese Fries</b> Dinner Roll  Campfire Beans	<b>Potato Crusted Fish Nuggets</b> <b>Macaroni &amp; Cheese</b>  Macaroni & Cheese (V)  Seasoned Green Beans	<b>Sweet &amp; Sour Chicken with Vegetables</b>  Yellow Rice  Seasoned Green Peas
Made to Order Sandwiches	Grilled Turkey Ham & Swiss Sandwich  Chicken & Cheddar Wrap  Kickin' Pinto Taco Salad (V) Tortilla Chips		Three Cheese Melt Sandwich w/Tomato soup  Turkey Deli Sandwich  Turkey Chef Salad w/ Dinner Roll	BBQ Cheeseburger  Turkey Ham & Cheese Sandwich	Teriyaki Chicken Sandwich  Roasted Vegetables & Cheese Sub (V)  Tuna Salad Plate w/ Dinner Roll
Made to Order Grill & Pizza Zone	BBQ Chicken Flatbread Pizza Dinner Roll		Cheeseburger Pizza Dinner Roll	Turkey Sausage Pizza Dinner Roll	Cheeseburger
Fiesta Zone	Chicken Fajitas Brown Rice		Veggie Quesadilla (V) Mexican Spiced Rice	Chicken Taco Brown Rice	Beef Enchilada Yellow Rice

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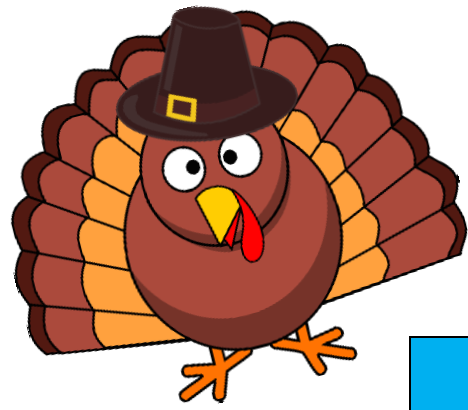
(V) = Vegetarian

**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

## High School Lunch Menu

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Homemade Creations	Oven Roasted Chicken Dinner Roll  Kickin' Pinto Beans	Vegetarian Chili Topped Potato (V) Dinner Roll  Seasoned Broccoli	General Tso's Chicken Brown Rice  Ginger Glazed Carrots	<b>Thanksgiving Meal</b> Roast Turkey w/Gravy Cornbread Dressing Cranberry Sauce Mashed Sweet Potatoes Seasoned Collard Greens Peach Crisp	Rotini w/ Beef Meat Sauce Dinner Roll  Seasoned Green Beans
Made to Order Sandwiches, Salads, and Grill	Veggie Burger (V)  Turkey & Cheese Sub  Tossed Salad w/Cheese Dinner Roll	Grilled Turkey Ham & Cheese Sandwich  Spicy Chicken Wrap  Ranch Chicken Salad Dinner Roll	Sriracha Crunch Cheeseburger  Tuna Salad Sandwich  Egg Chef Salad (V) Dinner Roll	Cheesy Broccoli Rice Casserole (V)	Beef Meatball Sub  Turkey Ham, Turkey & Swiss Sandwich  Chicken Caesar Salad Dinner Roll
Pizza Zone	Meat Lovers Pizza Dinner Roll	Cheddar & Broccoli Stromboli (V) Dinner Roll	Flatbread Chicken Bruschetta Pizza Dinner Roll		Cheese Pizza (V) Dinner Roll
Fiesta Zone	Beef & Bean Nachos Cilantro Rice	Chicken Fajitas Brown Rice	Cheese Enchilada (V) Santa Fe Rice		Fish Tacos Brown Rice

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# November 2017 High School Lunch Menu



	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 1
<b>Homemade Creations</b>	Salisbury Steak w/Sauce Brown Rice Seasoned Peas	Chicken Nuggets Dinner Roll Charro Beans	Enchilada Casserole (V) Mexican Rice Seasoned Green Beans	Orange Chicken & Broccoli Cilantro Rice Sweet Potato Fries	BBQ Chicken Dinner Roll Sautéed Kale
<b>Made to Order Sandwiches, Salads, and Grill</b>	BBQ Chicken Melt Mediterranean Vegetable Wrap(V) Chicken Chef Salad w/Dinner Roll	Cheeseburger Chicken Salad Sub Greek Salad (V) w/Dinner Roll	Grilled Turkey Ham & Cheese Tuna Salad Sandwich Chicken Fajita Salad w/Dinner Roll	Cajun Burger Turkey Sandwich Beef Taco Salad w/Tortilla Chips	Sloppy Joe All-American Sandwich Fruit & Cheese Plate w/Dinner Roll
<b>Pizza Zone</b>	Pizza w/Taco Topping Dinner Roll	Cheese Pizza Dinner Roll	Flatbread Buffalo Chicken Pizza Dinner Roll	Cheesy Stromboli (V) Dinner Roll	Turkey Sausage Pizza Dinner Roll
<b>Fiesta Zone</b>	Cheese Quesadilla (V) Brown Rice	Beef & Bean Burrito Yellow Rice	Korean Tacos Mexican Spiced Rice	Chicken Fajita Cilantro Lime Rice	Beef & Cheese Nachos (V) Brown Rice

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## APS Salad Bowl High 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 Apple Wedges Sliced Peaches	7 No School	8 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 Apple Wedges Sliced Peaches	14 Red Pepper Strips Fresh Fruit Applesauce	15 Broccoli Bites Seasonal Fruit Sliced Pears	16 Celery Sticks Fresh Fruit Pineapple Tidbits	17 Baby Carrots Fresh Fruit Mixed Fruit
20 No School	21 No School	22 No School	23 No School	24 No School
27 Broccoli Bites Fresh Apple Wedges Sliced Peaches	28 Fresh Zucchini Slices Fresh Fruit Applesauce	29 Red Peppers Fresh Fresh Fruit Sliced Pears	30 Celery Sticks Fresh Fruit Pineapple Tidbits	1 Baby Carrots Fresh Fruit Mixed Fruit

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# November 2017



## High School Traditional Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> <p>Egg &amp; Cheese Sandwich Oatmeal Raisin Bar Cheesy Grits w/ WG Biscuits</p> <p>Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk</p>	<p>7</p> <p>No School</p>	<p>8</p> <p>Turkey Sausage Sandwich Apple Cinnamon Muffin w/Flavored Yogurt</p> <p>Grits w/Cheese Toast</p> <p>Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk</p>	<p>9</p> <p>Scrambled Eggs w/WG Biscuit Berry French Toast Brown Sugar Oatmeal</p> <p>Fresh Fruit Raisins 100% Fruit Juice Variety of Milk</p>	<p>10</p> <p>Turkey Sausage Breakfast Pizza Assorted Cereal w/Graham Crackers Cheesy Grits w/WG Biscuit</p> <p>Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk</p>
<p>13</p> <p>Egg Cheese &amp; Turkey Sausage Cinnamon French Toast Grits w/Cheese Toast</p> <p>Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk</p>	<p>14</p> <p>Turkey Sausage Pancake Wrap Maple Pancakes Maple Oatmeal</p> <p>Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk</p>	<p>15</p> <p>Blueberry Muffin w/Flavored Yogurt Assorted Cereals w/Graham Crackers Cheesy Grits w/WG Biscuit</p> <p>Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk</p>	<p>16</p> <p>Country Chicken Biscuit Fruit Smoothie w/Graham Crackers Brown Sugar Oatmeal</p> <p>Fresh Fruit Raisins 100% Fruit Juice Variety of Milk</p>	<p>17</p> <p>Fiesta Egg &amp; Cheese Sandwich Apple Frudel Grits w/Cheese Toast</p> <p>Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk</p>
<p>20</p> <p>No School</p>	<p>21</p> <p>No School</p>	<p>22</p> <p>No School</p>	<p>23</p> <p>No School</p>	<p>24</p> <p>No School</p>
<p>27</p> <p>Country Chicken Biscuit Assorted Cereal w/Graham Crackers Cheesy Grits w/WG Biscuit</p> <p>Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk</p>	<p>28</p> <p>Turkey Bacon Breakfast Pizza Maple Waffle Maple Oatmeal</p> <p>Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk</p>	<p>29</p> <p>Scrambled Eggs w/Whole Grain Biscuit Oatmeal Raisin Bar Grits w/Cheese Toast</p> <p>Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk</p>	<p>30</p> <p>Fruit Smoothie w/Graham Crackers Apple Frudel Brown Sugar Oatmeal</p> <p>Fresh Fruit Raisins 100% Fruit Juice Variety of Milk</p>	<p>1</p> <p>Egg &amp; Cheese Pocket Banana Muffin w/Flavored Yogurt Grits w/Cheese Toast</p> <p>Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk</p>

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