



November 2017 High School Lunch Menu

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Homemade Creations	Spaghetti & Meatballs Dinner Roll Seasoned Broccoli	NO SCHOOL	Chili Cheese Fries Dinner Roll Campfire Beans	Potato Crusted Fish Nuggets Macaroni & Cheese Macaroni & Cheese (V) Seasoned Green Beans	Sweet & Sour Chicken with Vegetables Yellow Rice Seasoned Green Peas
Made to Order Sandwiches, Salads, and Grill	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
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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This institution is an equal opportunity provider.

All menus are subject to change based on product availability





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	Thanksgiving Meal 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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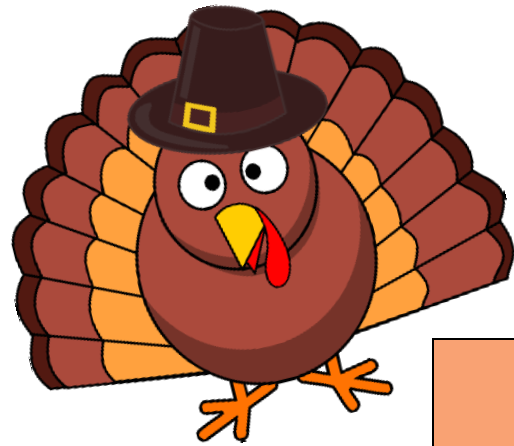
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High School Lunch Menu

	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 1
Homemade Creations	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
Made to Order Sandwiches, Salads, and Grill	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
Pizza Zone	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
Fiesta Zone	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 Grab & Go Breakfast Menu

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

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