

November 2017  
High School STAFF Lunch Menu

Adult Lunch = \$3.20  
Milk = \$.50

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Pasta Roll Up with Meat/Marinara Sauce <b>Italian Sausage Sandwich</b> Broccoli / Assorted Vegetables Garden Salad Diced Peaches Assorted Fresh Fruit Milk/Twisted Breadstick	<b>2</b> Macaroni & Cheese/Dinner Roll or <b>Italian Beef Sandwich</b> Mashed Potatoes & Gravy California Blend / Potato Salad Assorted Vegetables/Garden Salad Pineapple Tidbits/Assorted Fresh Fruit Milk	<b>3</b> Fresh Pizza Chicken Wings & Corn Bread <b>Fresh Grilled Cheeseburger</b> Baked Beans / Fries Assorted Vegetables/Garden Salad Pineapple & Mandarin Oranges Assorted Fresh Fruit Milk
<b>6</b> Hot Ham & Cheese Panini or Popcorn Chicken Bowl Mashed Potatoes & Gravy/Corn Assorted Vegetables /Garden Salad Diced Pears / Assorted Fresh Fruit Assorted Fresh Fruit Milk	<b>ELECTION DAY</b>  <b>Quesadilla</b>  <b>Baked Potato Bar</b> <b>Crispitos with Chili &amp; Cheese Sauce</b> Refried Beans / Assorted Vegetables Corn/ Garden Salad Applesauce/Assorted Fresh Fruit Milk/ Spanish Rice/Corn Bread Come VOTE for your favorite lunch!	<b>9</b> Pepperoni Calzone or <b>One Pot Spaghetti</b> Broccoli/Assorted Vegetables Garden Salad/ Cole Slaw Diced Peaches Assorted Fresh Fruit Milk / Twisted Breadstick	<b>9</b> Malibu Chicken Sandwich <b>General Tso Chicken &amp; Rice with Egg Roll</b> Carrots Assorted Vegetables Garden Salad Pineapple / Assorted Fresh Fruit Milk/ Dinner roll	<b>Veterans Day</b> Fresh Pizza Babe Ruth Sandwich <b>Lemon Peppered Tilapia with Gardein Rice/Corn Bread</b> Malibu Blend /Loaded Fries Assorted Vegetables/Garden Salad Pineapple & Mandarin Oranges Assorted Fresh Fruit / Milk
<b>13</b> Sausage & Sauerkraut / Dinner Roll <b>Bosco Sticks &amp; Sauce</b> <b>Cuban Panini</b> Green Beans Assorted Vegetables Garden Salad Diced Pears/Assorted Fresh Fruit Milk	<b>14</b> Chicken Fajita & Corn Bread <b>Grilled Peppers &amp; Beef Melt on Ciabatta Bread</b> Corn/Assorted Vegetables Garden Salad Applesauce Assorted Fresh Fruit Milk/ Spanish Rice	<b>15</b> Chicken Parmesan & Pasta or <b>Grilled Chicken Buffalo Wrap</b> California Blend Pasta Salad Garden Salad/Assorted Vegetables Peaches / Assorted Fresh Fruit Milk/Twisted Breadstick	<b>Thanksgiving Feast</b> Sliced Turkey Mini Meat Loaf Mashed Potatoes & Gravy Cranberries / Green Bean Casserole Stuffing / Garden Salad / Pineapple Assorted Fresh Fruit & Vegetables Milk/Dinner Roll <b>Pumpkin Pie</b>	
<b>20</b> Turkey Panini Chicken A La King & Biscuit <b>2 Egg Rolls</b> Fried Rice/ Asian Vegetables Mashed Potatoes & Gravy Diced Peaches Assorted Fresh Fruit Milk/ Dinner Roll	<b>21</b> Quesadilla <b>Baked Potato Bar</b> <b>Crispitos with Chili &amp; Cheese Sauce</b> Refried Beans/Corn Assorted Vegetables Garden Salad Applesauce/Assorted Fresh Fruit Milk/ Spanish Rice/Corn Bread	<b>22</b> Flat Bread Pizza & Sauce or <b>Ruben Sandwich</b> Broccoli Garden Salad/Assorted Vegetables Pasta Salad/Diced Peaches Assorted Fresh Fruit Milk/ Twisted Bread Stick	<b>23</b> 	
<b>27</b> Oven Fried Chicken or <b>Grilled Chicken Pesto Italian Panini</b> Scalloped Potatoes/ Green Beans Diced Peaches Assorted Fresh Fruit Assorted Vegetables Milk/Dinner Roll	<b>28</b> Chicken Enchilada with Corn Bread or <b>Swiss Mushroom Chicken Sandwich</b> Corn/Assorted Vegetables Garden Salad Applesauce Assorted Fresh Fruit Milk/ Spanish Rice	<b>29</b> Pasta Roll Up with Meat/Marinara Sauce <b>Italian Sausage Sandwich</b> Broccoli /Assorted Vegetables Garden Salad Diced Peaches Assorted Fresh Fruit Milk/Twisted Breadstick	<b>30</b> Macaroni & Cheese/Dinner Roll or <b>Italian Beef Sandwich</b> Mashed Potatoes & Gravy California Blend / Potato Salad Assorted Vegetables/Garden Salad Pineapple Tidbits/Assorted Fresh Fruit Milk	<b>30</b> Fresh Pizza Chicken Wings & Corn Bread <b>Fresh Grilled Cheeseburger</b> Baked Beans / Fries Assorted Vegetables/Garden Salad Pineapple & Mandarin Oranges Assorted Fresh Fruit Milk

**SERVED ON HOT LINES**  
**DAILY** Grilled Chicken Sandwich  
**TUESDAY** Southwest Bar with Nachos, Taco or Taco Salad with Corn Bread  
**WEDNESDAY** Pasta Bar with Pasta and Sauce and/or Grilled Vegetables. Pasta or Flat Bread Pizza & Breadstick

**DELI BAR - Offered Daily**  
 Assorted Sandwiches with Ham, Turkey, Chicken or Cheese on White Bread, Sub Bun, Croissant, Ciabatta, Panini, Wrap, Pretzel Roll, Flat Bread, and top with Assorted Vegetables  
 Chef Salads with Ham, Turkey, Chicken, Cheese & assorted Vegetables.  
 HOT Meals to go; Panini Turkey Sandwich, Veggie Burger & Pizza. COLD SANDWICHES and CHEF SALAD MEALS to go!

**Weekly Deli TO GO Salad Specials**  
**MON:** Chicken Salad / Antipasto Salad  
**TUES:** Taco Salad / Tuna Salad/Greek Salad  
**WED:** Oven Fried Chicken Salad  
**THURS:** Turkey Cobb Salad  
**FRI:** Berry Spinach Salad

**Weekly Deli TO GO Wraps & Sandwich Specials**  
**MON:** Turkey Avocado Wrap  
**TUES:** BLT Chicken Wrap  
**WED:** Turkey Avocado Wrap

**Homemade A La Carte SOUPS offered DAILY**  
**Nov. 1-3, 13-17, 27-30**  
 Mon: Chicken Noodle  
 Tues: Cream of Chicken  
 Wed: Chicken Tortilla  
 Thurs: Cream of Potato  
 Fri: Chefs Choice  
**Nov. 6-10, 20-22**  
 Mon: Chicken Noodle  
 Tues: Chili  
 Wed: Pasta Fagioli  
 Thurs: Cream of Broccoli  
 Fri: Chefs Choice

ALL COLD MEALS ON THE DELI COMES WITH ASSORTED VEGETABLES, FRUIT AND MILK

A complete lunch consists of:  
 One entrée choice and 2 sides dishes (fruit or vegetables)  
 1 side dish must be a fruit or vegetable and milk  
 Menu is based on product availability and is subject to change

**Group Luncheons**  
 Group Luncheons featuring Pizza and various items are available for parties of 8 or more. Please contact your kitchen Manager by email. All Pizzas are \$10

If you have any suggestions for our staff menus or setting up an account, please contact your kitchen Managers at any time.

This institution is an equal opportunity provider.

WK 1  
WK 2  
WK 3  
WK 4  
WK 1