

High School November '21 Menu



EVERYDAY BREAKFAST OPTION

Breakfast Bag: cereal bar, cheese stick & fruit

November 1 - 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Super Donut Juice/Milk	Chicken Biscuit Juice/Milk	Sausage Biscuit Juice/Milk	Breakfast Pizza Juice/Milk	Egg & Cheese Biscuit Juice/Milk
	ACP w/Rice Philly Cheese Steak	Chicken Nuggets w/bread Hot Dog/chili & slaw	French Cheese Bread w/ Marinara	Roasted Chicken w/Whole Grain Roll	Pizza BBQ Sandwich
Lunch	Fries	Baked Beans	Deli Entree	Cheeseburger /Chili slaw	Broccoli & Cheese
Grab & Go	Corn Choice of Fruit Milk	Carrots Choice of Fruit Milk	Garden salad Fries Choice of Fruit Milk	Mashed Potatoes Green Beans Choice of Fruit Milk	Fries Choice of Fruit Milk

November 8 - 12

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Super Donut Juice/Milk	Chicken Biscuit Juice/Milk	Sausage Biscuit Juice/Milk		Egg & Cheese Biscuit Juice/Milk
	Taco/toppings Spicy Chicken	Asian Chicken w/ Rice Deli Wrap	Macaroni & Cheese w/roll Chicken Tenders w/ roll	Veteran's Holiday	Cheeseburger/chili & slaw Grilled Cheese Sandwich
Lunch	Sandwich w/pickles	Salad w/tomato	Fries		Potato Wedges
Grab & Go	Fries Black Beans or Pinto Beans Choice of Fruit Milk	Steamed Broccoli Choice of Fruit Milk	Baked Apples Choice of fruit Milk		Baked Beans Choice of Fruit Milk

November 15-19

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Super Donut Juice/Milk	Chicken Biscuit Juice/Milk	Sausage Biscuit Juice/Milk	Breakfast Pizza Juice/Milk	Egg & Cheese Biscuit Juice/Milk
	Nachos w/beef & cheese	Chicken Nugget w/Bread Hot Dog chili/slaw	French Cheese Bread w/Marinara	Turkey w/Dressing Chicken Tenders w/Roll	Pizza BBQ Sandwich
Lunch	Spicy Chicken Sandwich w/Pickles	Baked Beans Carrots	Deli Entree w/Pickles	Mashed Potatoes Green Beans	Broccoli & Cheese Fries
Grab & Go	Fries Corn Choice of Fruit Milk	Choice of Fruit Milk	Garden Salad Fries Choice of Fruit Milk	Cherry Cobbler Cranberry Sauce Choice of Fruit Milk	Choice of Fruit Milk

November 22 -26

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Super Donut Juice/Milk	Chicken Biscuit Juice/Milk			
	Nachos w/beef & cheese	Manager's Choice	Thanksgiving Holiday	Thanksgiving Holiday	Thanksgiving Holiday
Lunch	Spicy Chicken Sandwich				
Grab & Go	Pinto/Black Beans Garden Salad Choice of Fruit Milk				

November 29-30

	Monday	Tuesday
Breakfast	Super Donut Juice/Milk	Chicken Biscuit Juice/Milk
	ACP w/Rice Philly Cheese Steak	Chicken Nuggets w/bread Hot Dog/chili & slaw
Lunch	Fries	Baked Beans
Grab & Go	Corn Choice of Fruit Milk	Carrots Choice of Fruit Milk



Menus are subject to change.
Due to availability from our vendors.

Food Allergy Disclaimer:
Please be aware that School Nutrition Services prepares our food in commercial kitchens, where cross-contact with food allergens is possible and where ingredient substitutions and recipe revisions are sometimes made. Additionally, manufacturers of commercial food products we order may change their product formulation or ingredient consistency at any time without notification. Actual ingredients and nutritional content may vary and we are not able to guarantee that any food item will be completely free of food allergens. If you have questions or any concerns regarding ingredients of a specific food or recipe, please reach out to Stokes County Schools Nutrition Director, Lisa Dillon at 336-983-1100 or email lisa.dillon@stokes.k12.nc.us

WHAT MAKES A BREAKFAST?

SELECT 3 ITEMS

MILK

GRAINS

JUICE

FRUIT

one must be a

FRUIT

OR

JUICE

What Makes a Lunch?

Select 3-5 Components

MILK

GRAIN

VEGGIE

FRUIT

PROTEIN

VEGGIE

One must be a

FRUIT

OR

VEGGIE