

Made-from-scratch, wholesome meals

Produce fresh from local, organic farms where possible

Meets and exceeds USDA School Meal requirements

Meals crafted by true chefs & nutrition experts



# November High School Lunch Menu

**Choice of 1% White Milk or Non Fat Chocolate Milk Served Daily With All Lunches**

<p><b>Fresh Fruit Served Daily With All Lunches</b></p>				<p><b>1</b> Chili and Cheese Fries <i>Turkey and Cheese on Ciabatta</i> Southwest Salad <i>Marinated Cucumber, Dinner Roll</i></p>
<p><b>4</b> White Beans and Rice &amp; Cornbread <i>Cheese Pizza</i> California Salad <i>Seasoned Green Beans</i></p>	<p><b>5</b> Chili w/ Cheese, Fritos <i>Chicken Ranch Sandwich</i> Hot Dog w/ Chili <i>Steamed Corn, Sour Cream, WG Biscuit</i></p>	<p><b>6</b> Oven Fried Chicken, WG Biscuit <i>Pepperoni Pizza</i> Chicken Ranch Wrap <i>Tator Tots, Steamed Broccoli</i></p>	<p><b>7</b> Turkey Tacos <i>Honey Mustard Chicken Sandwich</i> Meatball Sub on Ciabatta <i>Cheese, Lettuce, Steamed Corn, Salsa, Mexican Rice</i></p>	<p><b>8</b> Hot Dog w/ Chili and Cheese <i>Turkey and Cheese on Ciabatta</i> Southwest Salad <i>French Fries w/ Ketchup</i></p>
<p><b>11</b> No School</p>	<p><b>12</b> Chicken Tenders <i>Turkey &amp; Cheese Panini</i> Garden Salad w/ Ham <i>Potato Wedges w/ Ketchup, Baby Carrots w/ Ranch Dressing, WG Biscuit</i></p>	<p><b>13</b> BBQ Chicken Thigh, Mac and Cheese <i>Hamburger w/ Lettuce, Tom &amp; Pickles</i> Hot Dog w/Chili <i>BBQ Baked Beans, Seasoned Green Beans, WG Biscuit</i></p>	<p><b>14</b> Spaghetti and Meat Sauce, Garlic Bread <i>Honey Mustard Chicken Sandwich</i> Chicken Parm Panini <i>Steamed Broccoli</i></p>	<p><b>15</b> <i>Gumbo w/ Chicken and Turkey Sausage</i> <i>Pepperoni Pizza</i> <i>Buffalo Chicken Wrapi</i> <i>Brown Rice, Mixed Salad w/ Tomatoes, Italian Dressing, Crackers</i></p>
<p><b>18</b> Red Beans and Rice, Cornbread <i>Cheese Pizza</i> California Salad <i>Baby Carrots w/ Ranch Dressing</i></p>	<p><b>19</b> Hamburger <i>Turkey and Cheese Panini</i> Chicken Ranch Wrap <i>Lettuce, Tomato, Pickle, French Fries, Ketchup, Steamed Broccoli</i></p>	<p><b>20</b> Herb Roasted Chicken w/ Brown Rice and Gravy, WG Biscuit <i>Hamburger, Lettuce, Tomato, Pickle</i> Hot dog w/ Chili and Cheese <i>Seasoned Peas, Mixed Salad w/ Carrots, Italian Dressing</i></p>	<p><b>21</b> Turkey Roast w/ Gravy <i>BBQ Chicken Sandwich</i> Meatball Sub on Ciabatta Carrot Souffle, Brown Rice, Sweet Potatoes</p>	<p><b>22</b> Lasagna w/ Garlic Breadstick, <i>Pepperoni Pizza</i> Chicken Caesar Salad <i>Seasoned Green Beans</i></p>
<p><b>25</b> Spaghetti and Meatballs, Garlic Bread Stick <i>Honey Mustard Chicken Sandwich</i> Chicken Salad Sandwich <i>Steamed Corn, Green Beans</i></p>	<p><b>26</b> BBQ Chicken Sandwich <i>Turkey and Cheese Melt on Ciabatta</i> Southwest Salad <i>Tator Tots w/ Ketchup, Baked Beans</i></p>	<p><b>27</b> Salisbury Steak w/ Onion Gravy, Brown Rice, Biscuit <i>Cheese Burger</i> Chicken Salad Sandwich <i>Seasoned Green Beans, Steamed Broccoli,</i></p>	<p><b>28</b> Cheeseburger Mac <i>Hamburger w/ Lettuce, Tom &amp; Pickles</i> Hot Dog w/Chili <i>Carrots w/ Ranch Dressing, Steamed Corn</i></p>	<p><b>29</b> Pepperoni Pizza, <i>Turkey and Cheese on Ciabatta</i> Southwest Salad <i>Mixed Salad w/ Carrots, Italian Dressing, Steamed Corn</i></p>

