






# November 2018

## LUNCH MENU – Grades 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pizza Tossed Salad w/ Lowfat Dressing Carrots w/ Lowfat Dip Fresh Fruit Canned Fruit Milk	2 Chicken Nuggets Baked Fries Celery w/ Lowfat Dip Canned Fruit Fruit Juice Whole Wheat Dinner Roll Milk
5 Mini Corndogs Celery w/ Lowfat Dip Sweet Potato Fries Whole Grain Bread Fresh Fruit Canned Fruit Milk	6  No School – Election Day	7 Taco Surprise Salsa/Beans Tomato and Cucumbers Tortilla Chips Animal Crackers Fresh Fruit Fruit Juice Milk	8 Salisbury Steak Mashed Potatoes w/ Gravy Green Beans Fresh Fruit Craisins Whole Wheat Dinner Roll Milk	9 Turkey or Chicken Pot Pie Cooked Carrots Romaine Salad w/ Lowfat Dressing Fresh Fruit Canned Fruit Whole Grain Bread Milk
12  No School – Veterans Day	13 Pizza Carrots w/ Lowfat Dip Steamed Broccoli Fresh Fruit Canned Fruit Milk	14 Chicken Fajita Wrap w/ Lettuce, Tomato, Beans, Cheese Baby Carrots w/ Lowfat Dip Whole Grain Sugar Cookie Canned Fruit Fresh Fruit Milk	15 Hot Turkey Mashed Potatoes w/ Gravy Green Beans Whole Wheat Dinner Roll Fresh Fruit Fruit Juice Homemade Dessert Milk	16 Breaded Chicken Patty on Whole Wheat Bun w/ Tomato Romaine Salad w/ Lowfat Dressing Baby Carrots Canned Fruit Fresh Fruit Graham Crackers Milk

<p style="text-align: right;">19</p> <p>No School – Thanksgiving Break</p>	<p style="text-align: right;">20</p> <p>No School – Thanksgiving Break</p>	<p style="text-align: right;">21</p> <p>No School – Thanksgiving Break</p>	<p style="text-align: right;">22</p> <div style="text-align: center;">  <p>Thanksgiving Day</p> </div> <p>No School – Thanksgiving Day</p>	<p style="text-align: right;">23</p> <p>No School – Thanksgiving Break</p>
<p style="text-align: right;">26</p> <p>Meatball Sub Green Beans Baked Fries Fresh Fruit Fruit Juice Milk</p>	<p style="text-align: right;">27</p> <p>Macaroni and Cheese Steamed Broccoli Cucumbers/Tomatoes Yogurt Apple Canned Fruit Whole Wheat Dinner Roll Milk</p>	<p style="text-align: right;">28</p> <p>Grilled Chicken Patty Baby Carrots w/ Lowfat Dip Lettuce and Tomato Canned Fruit Fresh Fruit Graham Crackers Milk</p>	<p style="text-align: right;">29</p> <p>Mini Cheese Ravioli w/ Sauce Romaine Salad w/ Lowfat Dressing Celery Whole Grain Breadstick w/ Cheese Fresh Fruit Animal Crackers Milk</p>	<p style="text-align: right;">30</p> <p>Hot Dog Sweet Potato Fries Baked Beans Canned Fruit Fresh Fruit Graham Crackers Milk</p>

"This institution is an equal opportunity employer and provider."