

NOVEMBER

Middle and High School Lunch Menu

COMMERCIAL FAST FOOD IS NOT PERMITTED IN THE SCHOOL CAFETERIAS!

BAG LUNCHES FROM HOME ARE WELCOME.

Menu subject to change

Please see the [USDA](#) for nondiscrimination information

LUNCH

OWG No Charge
 HM No Charge
 LUES No Charge
 WGMS No Charge
 JMHS No Charge
 Adult: 4.25



Monday

Tuesday

Wednesday


Thursday

Friday

Additional Items Daily:

Low Fat Yogurt, Salad Specials
 Sun Butter/Jelly Sandwich, Vegetarian Options
 Deli Sandwiches, Bean Salads & Side Salads



<p>1 Chicken Tenders Sweet Potato Wedges Fresh Fruit Whole Grain Snack Milk</p>	<p>2 No School </p>	<p>3 Vegetable Soup w/grilled cheese Fresh Fruit Potato Wedges Milk</p>	<p>4 Mac & Cheese Side Salad Fruit Whole Grain Snack Milk</p>	<p>5 Pizza Crunchers Corn on the Cob Chilled Fruit Cup Cheez-it Crackers Milk</p>
<p>8 Teriyaki Potstickers Fresh Fruit Side Salad Gold Fish Milk</p>	<p>9 Hot Ham & Cheese Fresh Fruit Side Salad Cheese -Its Milk</p>	<p>10 Chicken Noodle Soup w/cheese stick Fresh Fruit Veggies/Dip Milk</p>	<p>11 Baked Chicken w/roll Potato Wedges Fresh Fruit Whole Grain Snack Milk</p>	<p>12 Cheese Pizza Tossed Salad Fresh Fruit Snack Milk</p>
<p>15 Meatballs w/marinara & garlic bread Veggies & Dip Applesauce Milk</p>	<p>16 Popcorn Chicken w/roll Sweet Potato Wedges Fresh Fruit Milk</p>	<p>17 Potato Chowder w/garlic cheese bread Applesauce Carrot Sticks Milk</p>	<p>18 Chicken Filet Sandwich Sweet Potato Wedges Applesauce Milk</p>	<p>19 French Bread Pizza Veggies & Dip Chilled Fruit Cup Fruit Snack Milk</p>
<p>22 Grilled Chicken Club Sweet Potato Fries Fresh Fruit Milk</p>	<p>23 Early Dismissal Cheese Pizza Fresh Fruit Vegetable Juice Milk</p>	<p>24 No School</p>	<p>25 No School</p>	<p>26 No School</p>
<p>29 Corn Dog Nuggets Fresh Fruit Applesauce Chips Milk</p>	<p>30 Cheeseburger on a Bun Fresh Fruit Tater Tots Fruit Snack Milk</p>			