

High Schools



Lunch - Main Fare - High Schools

NOVEMBER 2021

1

- No School Today -

2

- No School Today -

3**-Choose 1-**

Chicken
& Waffles
Mini Pancakes
w/ Sausage Links

-Add-

Hot Spiced Apples

-Garden Vegetable Bar-

Tossed Salad
Baby Carrots
Broccoli Florets

-Fruit Bar-

Chilled Pineapple Chunks

Fresh Pear

Orange Wedges

4

- No School Today -

5**-Choose 1-**

Popcorn Chicken
w/ Dinner Roll
Hippie Roll
w/ Dipping Sauce

-Add-

Mashed Potatoes

w/ Gravy

Parmesan
Broccolini

-Garden Vegetable Bar-

BLT Salad

Baby Carrots

Cucumber Slices

-Fruit Bar-

Fresh Apple

Chilled Mixed Fruit

Fresh Melon

8	9	10	11	12
-Choose 2 Grains- Cinnamon Roll Rice -Choose 1 Protein- Dragon Fire Chicken Chicken Teriyaki -Add- Stir Fried Cabbage -Garden Vegetable Bar- Baby Carrots Layered Lettuce Salad Cauliflower Florets -Fruit Bar- Chilled Mixed Fruit Graham Banana Bites Orange Wedges	-Choose 1- Chicken Enchilada w/ Fiesta Rice -Choose 2 Grains- Fiesta Rice Corn Tortilla Chips Gordita Bread -Choose 1 Protein- Spicy Beef Southwest Chicken -Add- Golden Queso Candy Corn Refried Beans -Garden Vegetable Bar- Shredded Romaine Lettuce Pico de Gallo -Fruit Bar- Apple Wedges Mango Pineapple Salsa Frozen Fruit Juice Cup	-Choose 1- Fiesta Queso Macaroni & Cheese w/ Dinner Roll Philly Cheese Steak -Add- Curly Fries Tomato Basil Soup -Garden Vegetable Bar- Tossed Salad Sunny Broccoli & Cauliflower Toss Grape Tomatoes -Fruit Bar- Chilled Pineapple Chunks Fresh Grape Clusters Fruit Crisp	- No School Today -	-Choose 1- Chicken Tenders w/ Dinner Roll All Beef Hot Dog w/ Bun w/ Cheese Sauce -Add- Mashed Potatoes w/ Gravy Brussels Sprouts w/ Cheese Sauce -Garden Vegetable Bar- Baby Carrots Celery Sticks Super Food Salad -Fruit Bar- Applesauce Cup Kiwi Wedges Chilled Peaches

15	16	17	18	19
-Choose 2 Grains- Cinnamon Roll Rice -Choose 1 Protein- Honey Fire Chicken General Tso's Chicken -Add- Green Beans -Garden Vegetable Bar- Cauliflower Florets Grape Tomatoes Pomegranate Blueberry Spinach Salad -Fruit Bar- Apple Wedges Chilled Pears & Blueberries Fresh Grape Clusters	-Choose 2 Grains- Rice Corn Tortilla Chips Flour Tortilla -Choose 1 Protein- Southwest Chicken Spicy Beef -Add- Golden Queso Black Beans Baked Plantains -Garden Vegetable Bar- Shredded Romaine Lettuce Pico de Gallo Corn Salad -Fruit Bar- Chilled Peaches Frozen Mixed Berry Cup Grapefruit Wedges	-Choose 1- Chicken & Waffles Mini Pancakes w/ Sausage Links -Add- Hot Spiced Apples -Garden Vegetable Bar- Tossed Salad Baby Carrots Broccoli Florets -Fruit Bar- Chilled Pineapple Chunks Fresh Pear Orange Wedges	-Choose 1- Rosé Bolognese w/ Garlic Bread Steak & Cheese Stromboli w/ Dipping Sauce -Add- Kickin' Roasted Veggies -Garden Vegetable Bar- Celery Sticks Greek Salad Sliced Beets -Fruit Bar- Mandarin Orange Cup Strawberry Shortcake Fresh Banana	-Choose 1- Popcorn Chicken w/ Dinner Roll Hippie Roll w/ Dipping Sauce -Add- Mashed Potatoes w/ Gravy Parmesan Broccolini -Garden Vegetable Bar- BLT Salad Baby Carrots Cucumber Slices -Fruit Bar- Fresh Apple Chilled Mixed Fruit Fresh Melon

22**-Choose 2 Grains-**

Cinnamon Roll
Rice

-Choose 1 Protein-

Dragon Fire Chicken
Chicken Teriyaki

-Add-

Stir Fried Cabbage

-Garden Vegetable Bar-

Baby Carrots
Layered Lettuce Salad
Cauliflower Florets

-Fruit Bar-

Chilled Mixed Fruit
Graham Banana Bites
Orange Wedges

23**-Choose 1-**

Chicken Enchilada
w/ Fiesta Rice

-Choose 2 Grains-

Fiesta Rice
Corn Tortilla Chips
Gordita Bread

-Choose 1 Protein-

Spicy Beef
Southwest Chicken

-Add-

Golden Queso
Candy Corn
Refried Beans

-Garden Vegetable Bar-

Shredded Romaine Lettuce
Pico de Gallo

-Fruit Bar-

Apple Wedges
Mango Pineapple Salsa
Frozen Fruit Juice Cup

24

- No School Today -

25

- No School Today -

26

- No School Today -

29 -Choose 2 Grains- Cinnamon Roll Rice -Choose 1 Protein- Honey Fire Chicken General Tso's Chicken -Add- Green Beans -Garden Vegetable Bar- Cauliflower Florets Grape Tomatoes Pomegranate Blueberry Spinach Salad -Fruit Bar- Apple Wedges Chilled Pears & Blueberries Fresh Grape Clusters	30 -Choose 2 Grains- Rice Corn Tortilla Chips Flour Tortilla -Choose 1 Protein- Southwest Chicken Spicy Beef -Add- Golden Queso Black Beans Baked Plantains -Garden Vegetable Bar- Shredded Romaine Lettuce Pico de Gallo Corn Salad -Fruit Bar- Chilled Peaches Frozen Mixed Berry Cup Grapefruit Wedges
--	--

This institution is an equal opportunity provider.