

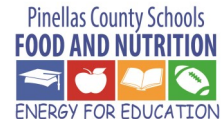
November Middle Lunch Menu



DAILY BREAKFAST CHOICES
Hot or cold breakfast choices are available daily, i.e.: Breakfast Sandwich, Pancakes, Cereal & Toast, or Cereal Bar & Toast.
Must choose at least 1: Fruit or Juice.
May choose 1: Milk
Skim, Low Fat White, or Fat Free Chocolate.

DAILY LUNCH CHOICES:
Choose 1: Entrée.
Must choose at least 1: Fruit or Vegetable (may choose up to 2 servings each of fruits & veggies with their lunch meal)
May Choose: 1 Milk; Skim, Low Fat White, or Fat Free Chocolate.

Available for lunch daily: Meat or Meatless Entrée, Entrée Salads, Cold Sandwiches, Hot & Cold Vegetable choices, Variety of Fruits (fresh or cupped) & Juices



Monday **Tuesday** **Wednesday** **Thursday** **Friday**

PLEASE NOTE:
The nationwide labor, driver and product shortages are having a significant impact on our school cafeterias. We may need to change our menus without notice to accommodate the shortages while still offering students a variety of healthy menu options. This menu may not reflect what is actually offered in your cafeteria if substitutes are necessary. We apologize for any inconvenience.



<p>1 CHOOSE ONE: Asian Chicken Rice Bowl w/ Chow Mein Noodles Mini Cheese Calzones Chicken Caesar Salad Spicy Chicken Wrap CHOOSE: Broccoli Florets * Marinara Sauce Cup * Fresh Veggie Dippers *</p>	<p>2 CHOOSE ONE: Hamburger on a Bun <u>or</u> Cheeseburger on a Bun Chicken & Cheese Enchiladas Yogurt & Fruit Parfait Ham & Cheese Sandwich CHOOSE: Corn Niblets Romaine Side Salad</p>	<p>3 CHOOSE ONE: Chicken Nuggets & Cornbread Cheesy Bread Chef Salad Turkey Club Wrap CHOOSE: Crispy Fries Marinara Sauce Cup Sliced Cucumbers Side Salad</p>	<p>4 CHOOSE ONE: Chicken Tinga Tacos Cheese Lasagna Roll-Up & Roll Antipasto <u>or</u> Greek Salad Chicken Caesar Wrap CHOOSE: Green Beans Mixed Side Salad</p>
<p>8 CHOOSE ONE: Teriyaki Beef Dippers w/ Rice & Chow Mein Noodles Max Cheese Sticks Chicken Caesar Salad Spicy Chicken Wrap CHOOSE: Broccoli Florets * Marinara Sauce Cup * Fresh Veggie Dippers *</p>	<p>9 CHOOSE ONE: Breaded Chicken Patty on a Bun BBQ Pork & Cheese Nachos <u>or</u> Beef & Cheese Loaded Nachos Yogurt & Fruit Parfait Ham & Cheese Sandwich CHOOSE: Santé Fe Black Beans Romaine Side Salad</p>	<p>10 CHOOSE ONE: Popcorn Chicken & Waffle Grilled Cheese Sandwich Chef Salad Turkey Club Wrap CHOOSE: Corn Niblets Sliced Cucumbers Side Salad</p>	<p>11 CHOOSE ONE: Managers Choice Cavatappi Pasta Alfredo w/ Breadstick Antipasto <u>or</u> Greek Salad Chicken Caesar Wrap CHOOSE: Mixed Vegetable * Marinara Sauce Cup * Mixed Side Salad</p>
<p>15 CHOOSE ONE: Mandarin Orange Chicken Rice Bowl w/ Chow Mein Noodles Max Snax Cheese Quesadillas Chicken Caesar Salad Spicy Chicken Wrap CHOOSE: Broccoli Florets * Salsa Cup * Fresh Veggie Dippers *</p>	<p>16 CHOOSE ONE: Beef Tacos <u>or</u> Pork Tacos Cheese Pizza Crunchers Yogurt & Fruit Parfait Ham & Cheese Sandwich CHOOSE: Refried Fiesta Beans Romaine Side Salad</p>	<p>17 CHOOSE ONE: Pasta w/ Meatballs <u>or</u> Meat Sauce & Breadstick Chicken Tenders w/ Onion Rings, Breadstick <u>or</u> Cornbread Apple - A - Day Salad Turkey Club Wrap CHOOSE: Green Beans Sliced Cucumbers Side Salad</p>	<p>18 CHOOSE ONE: Popcorn Chicken, Mashed Potatoes, Gravy & Biscuit Mozzarella Stuffed Garlic - Breadsticks Antipasto <u>or</u> Greek Salad Chicken Caesar Wrap CHOOSE: Corn Niblets * Marinara Sauce Cup * Mixed Side Salad *</p>

<p>5 CHOOSE ONE: Corn Dog <u>or</u> Hot Dog on a Bun w/ Onion Rings Chicken Broccoli Penne Alfredo w/ Breadstick Fruit & Yogurt Plate Turkey & Cheese Sandwich CHOOSE: Country Baked Beans Fresh Veggie Dippers</p>	<p>12 CHOOSE ONE: Hamburger Sliders <u>or</u> Cheeseburger Sliders Meat Lovers Stromboli Fruit & Yogurt Plate Turkey & Cheese Sandwich CHOOSE: Curly Fries * Marinara Sauce Cup * Fresh Veggie Dippers *</p>	<p>19 CHOOSE ONE: Tacho Chicken Bowl w/ Rolls Cheesy Fish Filet Sandwich Fruit & Yogurt Plate Turkey & Cheese Sandwich CHOOSE: Country Baked Beans Fresh Veggie Dippers</p>
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THANKSGIVING BREAK

<p>29 CHOOSE ONE: Asian Chicken Rice Bowl w/ Chow Mein Noodles Mini Cheese Calzones Chicken Caesar Salad Spicy Chicken Wrap CHOOSE: Broccoli Florets * Marinara Sauce Cup * Fresh Veggie Dippers *</p>	<p>30 CHOOSE ONE: Hamburger on a Bun <u>or</u> Cheeseburger on a Bun Chicken & Cheese Enchiladas Yogurt & Fruit Parfait Ham & Cheese Sandwich CHOOSE: Corn Niblets Romaine Side Salad</p>
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For Menu & Nutrition
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