



November 2019 High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAT/MEAT ALT: Chicken Patty Parmesan with Marinara Sauce and Mozzarella Cheese</p> <p>GRAIN: Whole Grain Kaiser Roll</p>	<p>MEAT/MEAT ALT: Macaroni and Cheese</p> <p>GRAIN: Whole Grain Italian Bread Slice</p>	<p>MEAT/MEAT ALT: Homemade Beef Taco</p> <p>GRAIN: Crispy Rounds Chips</p> <p>CONDIMENTS: Cheddar Cheese Sauce</p>	<p>MEAT/MEAT ALT/NEW: Roasted Chicken Pieces</p> <p>GRAIN: Whole Grain Biscuit</p>	<p>MEAT/MEAT ALT: Deep Dish Pizza</p> <p>GRAIN: In Pizza</p>
<p>MEAT/MEAT ALT: <u>Hot and Cold</u> Assorted Deli Meats, American Cheese and Shredded Lettuce</p> <p>GRAIN: Whole Grain Kaiser Roll</p> <p>CONDIMENTS</p>	<p>MEAT/MEAT ALT: <u>Hot and Cold</u> Assorted Deli Meats, American Cheese and Shredded Lettuce</p> <p>GRAIN: French Bread</p> <p>CONDIMENTS</p>	<p>MEAT/MEAT ALT: <u>Hot and Cold</u> Assorted Deli Meats, American Cheese and Shredded Lettuce</p> <p>GRAIN: Whole Grain Kaiser Roll</p> <p>CONDIMENTS</p>	<p>MEAT/MEAT ALT: <u>Hot and Cold</u> Assorted Deli Meats, American Cheese and Shredded Lettuce</p> <p>GRAIN: French Bread</p> <p>CONDIMENTS</p>	<p>MEAT/MEAT ALT: <u>Hot and Cold</u> Assorted Deli Meats, American Cheese and Shredded Lettuce</p> <p>GRAIN: Whole Grain Kaiser Roll</p> <p>CONDIMENTS</p>
<p>MEAT/MEAT ALT: Triple Decker Peanut Butter & Jelly Sandwich</p> <p>GRAIN: Sliced Wheat Bread</p>	<p>MEAT/MEAT ALT: Triple Decker Peanut Butter & Jelly Sandwich</p> <p>GRAIN: Sliced Wheat Bread</p>	<p>MEAT/MEAT ALT: Triple Decker Peanut Butter & Jelly Sandwich</p> <p>GRAIN: Sliced Wheat Bread</p>	<p>MEAT/MEAT ALT: Triple Decker Peanut Butter & Jelly Sandwich</p> <p>GRAIN: Sliced Wheat Bread</p>	<p>MEAT/MEAT ALT: Triple Decker Peanut Butter & Jelly Sandwich</p> <p>GRAIN: Sliced Wheat Bread</p>
<p>DAILY VEGETABLE: Steamed Broccoli</p>	<p>DAILY VEGETABLE: Steamed Carrots</p>	<p>DAILY VEGETABLE: Cold Chickpea and Corn Salad</p>	<p>DAILY VEGETABLE: Mashed Sweet Potatoes</p>	<p>DAILY VEGETABLE: Steamed Green Beans</p>
<p>SALAD OPTION: Chef's Salad</p> <p>GRAIN: Whole Grain Dinner Roll</p> <p>CONDIMENTS: *Dressing</p>	<p>SALAD OPTION: Spring Mix Salad</p> <p>TOPPING: Tuna Salad</p> <p>GRAIN: Whole Grain Dinner Roll</p> <p>CONDIMENTS: *Dressing</p>	<p>SALAD OPTION: Chef's Salad</p> <p>GRAIN: Whole Grain Dinner Roll</p> <p>CONDIMENTS: *Dressing</p>	<p>SALAD OPTION: Spring Mix Salad</p> <p>TOPPING: Tuna Salad</p> <p>GRAIN: Whole Grain Dinner Roll</p> <p>CONDIMENTS: *Dressing</p>	<p>SALAD OPTION: Chef's Salad</p> <p>GRAIN: Whole Grain Dinner Roll</p> <p>CONDIMENTS: *Dressing</p>
<p>OFFERED DAILY:</p> <p>1 Cup of Vegetable</p> <p>1/2 Cup - 1 Cup of Fruit</p> <p>Milk Choice: Low Fat, Skim, Fat Free Chocolate</p>				<p>NOTES:</p> <p>*Contains Pork</p> <p>CONDIMENTS:</p> <p>Mayo, Ketchup, Mustard, BBQ Sauce and Honey Mustard</p> <p>*DRESSING for Salad: Balsamic, Ranch, Italian</p>

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