



**Lunch Menu
9-12th Grade
November 2022**

Serving Sizes are as follows:

9th – 12th Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
October 31 Turkey Ham Steak Whole Wheat Bread California Veg Blend Butter Packet Fruit Milk Veggie Burger	November 1 Beef BBQ on WG Bun Potato Wedges Fruit Milk Veggie Bean BBQ	November 2 Grilled Chicken Garden Salad Ranch Dressing WG Dinner Roll Goldfish Fruit Milk Edamame	November 3 Hamburger Macaroni & Cheese w/ WG Pasta Dinner Roll Cheez-its Green Beans Fruit Milk Mac & Cheese	November 4 Turkey Ranch and Cheddar Cheese Wrap on WG Flour Tortilla Carrot Sticks Goldfish Crackers Ranch Fruit Milk Cheese Sandwich
November 7 Taco Beef WG Tortilla Chips Corn & Black Bean Salad Shredded Cheddar Cheese Fruit Milk Bean Burrito National Nachos Day!!	November 8 Balsamic Grilled Chicken Brown Rice California Vegetable Blend Fruit Milk Balsamic Tofu	November 9 Turkey Ham & Cheddar Cheese on WG Bun Baby Carrots (cooked carrots) Fruit Mayo Milk Cheese sandwich on WG Bun	November 10 Baked Ziti w/ Grilled Chicken <i>(WG Pasta w/ tomato sauce and mozz cheese)</i> Dinner Roll Spinach Fruit Milk Veggie Meat Ball Parm	November 11 Shepherd's Pie (ground beef, mashed potatoes, peas, gravy) Dinner Roll Fruit Milk Lentil Pie
November 14 Hamburger Sliced Cheddar Cheese WG Sandwich Bun Sweet Potato Fries Fruit Milk Veggie Patty on Wheat Bread	November 15 WG Chicken Tenders Mashed Potatoes Fruit Honey Mustard Milk Veggie Nuggets	November 16 Turkey & Cheese Sandwich Whole Grain Sandwich Roll Celery Sticks Fruit Lite Ranch Dressing Milk Egg Salad Sandwich on WG Roll	November 17 Swedish Meatballs WG Pasta w/ Butter Dinner Roll Green Beans Fruit Milk Veggie Meatballs	November 18 BBQ Chicken & Cheese Wrap on WG Flour Tortilla Side Salad w/ Ranch Dressing Fruit Milk Tofu BBQ
November 21 Chicken Patty Sandwich WG Sandwich Roll Sweet Potato Fries Fruit Milk Veggie Burger	November 22 Meatballs in Marinara Sauce on WG Hoagie Roll Shredded Mozzarella Cheese Green Beans Fruit Milk Veggie Meatballs	November 23 Grilled Chicken Romaine Lettuce w/ Parmesan Cheese WG Dinner Roll w/ Butter Caesar Dressing Fruit Milk Edamame	November 24 HAPPY THANKSGIVING!!	November 25
November 28 Turkey Sausage WG French Toast String Cheese Breakfast Potatoes Fruit Milk Veggie Sausage National French Toast Day!	November 29 Mac & Cheese w/ WG Pasta Dinner Roll Peas & Carrots Fruit Milk	November 30 Turkey and Cheddar Cheese Chef Salad Romaine Lettuce w/ Tomatoes Ranch Dressing WG Dinner Roll Fruit Milk Edamame	December 1 Beef Chili California Veg Blend Shredded Cheddar Cheese Dinner Roll Goldfish Fruit Milk Bean Chili	December 2 Pizza Sticks Cooked Carrots Fruit Milk

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos