



HS Breakfast Menu November 2023

6-Nov	7-Nov	8-Nov	9-Nov	10-Nov
Assorted Cereal Bowls Bagel w/ Jelly & Cream Cheese Fruit Cup Grape Juice Skim or 1% Fat Milk	Assorted Cereal Bars & Yogurt Sausage Pancake Stick Banana Applesauce Skim or 1% Fat Milk	Yogurt & Granola Parfait Kit Southwestern Omelet Bowl Pear Cup Fresh Apple Skim or 1% Fat Milk	No School for Students	Holiday
13-Nov	14-Nov	15-Nov	16-Nov	17-Nov
Assorted Cereal Bowls French Toast Sticks Apple Sauce Craisins Skim or 1% Fat Milk	Assorted Cereal Bars & Yogurt Beef Sausage Breakfast Burrito Banana Pear Cup Skim or 1% Fat Milk	Yogurt & Granola Parfait Kit Scramble Egg Boat Orange Juice Fresh Apple Skim or 1% Fat Milk	Assorted Cereal Bars & Yogurt Turkey Sausage, Egg & Cheese Breakfast Sandwich Pineapple Cup Fresh Pear Skim or 1% Fat Milk	Assorted Cereal Bars & Yogurt Assorted WG Breakfast Breads Mango Cup Fresh Orange Skim or 1% Fat Milk
20-Nov	21-Nov	22-Nov	23-Nov	24-Nov
Assorted Cereal Bowls Bagel w/ Jelly & Cream Cheese Apple Sauce Craisins Skim or 1% Fat Milk	Assorted Cereal Bars & Yogurt Sausage Pancake Stick Banana Pear Cup Skim or 1% Fat Milk	No School	Holiday	No School
27-Nov	28-Nov	29-Nov	30-Nov	1-Dec
Assorted Cereal Bowls French Toast Sticks Apple Sauce Craisins Skim or 1% Fat Milk	Assorted Cereal Bars & Yogurt Turkey Bacon Breakfast Burrito Banana Pear Cup Skim or 1% Fat Milk	Yogurt & Granola Parfait Kit Scramble Egg Boat Orange Juice Fresh Apple Skim or 1% Fat Milk	Assorted Cereal Bars & Yogurt Turkey Sausage, Egg & Cheese Breakfast Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	Assorted Cereal Bars & Yogurt Assorted WG Breakfast Breads Pineapple Cup Fresh Pear Skim or 1% Fat Milk



HS Lunch Menu November 2023

6-Nov	Taco Tuesday 7-Nov	8-Nov	9-Nov	10-Nov
Breaded Cheese Sticks w/Marinara Dipping Cup Crispy French Fries Baby Carrots w/Dipping Sauce Pineapple Cup Fresh Pear Skim or 1% Fat Milk	Chicken Taco w/Cheese, Lettuce & Tomatoes Black Bean & Corn Salsa Pico de Gallo Orange Mango Cup Skim or 1% Fat Milk	BBQ Rib Sandwich Seasoned Collard Greens Vegetarian Beans Fruit Cup Fresh Banana Skim or 1% Fat Milk	No School for Students	Holiday
13-Nov	Taco Tuesday 14-Nov	15-Nov	16-Nov	17-Nov
Chicken Nuggets w/Biscuit Seasoned Vegetable Medley Cucumber & Tomato Cup Fruit Punch Fresh Pear Skim or 1% Fat Milk	Beef Taco w/Cheese, Lettuce & Tomatoes Roasted Mexican Potatoes w/ Chipotle Ranch Rice & Beans Orange Mango Cup Skim or 1% Fat Milk	Buffalo Chicken Sandwich Baby Carrots w/ Ranch Cup Onion Rings Diced Pears Banana Skim or 1% Fat Milk	Roast Turkey w/Gravy & Dinner Roll Stuffing Mashed Sweet Potatoes Seasoned Collard Green Apple Crisp Craisins Skim or 1% Fat Milk	Pepperoni Pizza Caesar Salad Tater Tots Fruit Cup Fresh Apple Skim or 1% Fat Milk
20-Nov	Taco Tuesday 21-Nov	22-Nov	23-Nov	24-Nov
Spaghetti w/Meatballs & Marinara Seasoned Broccoli Side Salad Pineapple Cup Fresh Pear Skim or 1% Fat Milk	Chicken Taco w/Cheese, Lettuce & Tomatoes Black Bean & Corn Salsa Pico de Gallo Orange Mango Cup Skim or 1% Fat Milk	No School	Holiday	No School
27-Nov	Taco Tuesday 28-Nov	29-Nov	30-Nov	1-Dec
Chicken Pot Pie Mashed Potatoes Collard Greens Fruit Punch Fresh Pear Skim or 1% Fat Milk	Beef Taco w/Cheese, Lettuce & Tomatoes Roasted Mexican Potatoes w/ Chipotle Ranch Rice & Beans Orange Mango Cup Skim or 1% Fat Milk	Chicken Drumstick w/Biscuit Seasoned Broccoli Cucumber & Tomato Cup Pineapple Cup Fresh Plum Skim or 1% Fat Milk	Chili Cheese Dog Cole Slaw Vegetarian Beans Banana Pear Cup Skim or 1% Fat Milk	Buffalo Chicken Pizza Caesar Salad Sweet Potato Fries Fruit Cup Fresh Apple Skim or 1% Fat Milk



HS Salad & Wrap Bar Menu November 2023



6-Nov	Taco Tuesday 7-Nov	8-Nov	9-Nov	10-Nov
Chef Salad w/Fajita Chicken Strips w/Biscuit Crispy Chicken Wrap Cucumber & Tomato Cup Pineapple Cup Fresh Pear Skim or 1% Fat Milk	Chef Taco Salad w/Tortilla Rounds Old Bay Chicken Salad Wrap Beans & Corn Salsa Orange Mango Cup Skim or 1% Fat Milk	Chef Salad w/Chicken Nuggets w/Biscuit Chicken Nuggets Wrap Parmesan Potatoes Fruit Cup Fresh Banana Skim or 1% Fat Milk	No School for Students	Holiday
13-Nov	Taco Tuesday 14-Nov	15-Nov	16-Nov	17-Nov
Chef Salad w/Teriyaki Chicken & Dinner Roll Buffalo Chicken Wrap Cucumber & Tomato Cup Fruit Punch Fresh Pear Skim or 1% Fat Milk	Chef Taco Salad w/Tortilla Rounds Old Bay Chicken Salad Wrap Beans & Corn Salsa Orange Mango Cup Skim or 1% Fat Milk	Chef Salad w/Crispy Chicken w/Dinner Roll Crispy Chicken Wrap Parmesan Potatoes Diced Pears Pineapple Cup Skim or 1% Fat Milk	Chef Salad w/ Turkey Ham, Cheese & Pretzel Turkey Ham & Cheese Wrap Baby Carrots w/Ranch Banana Pear Cup Skim or 1% Fat Milk	Hot Food Line
20-Nov	Taco Tuesday 21-Nov	22-Nov	23-Nov	24-Nov
Chef Salad w/Fajita Chicken Strips w/Biscuit Crispy Chicken Wrap Cucumber & Tomato Cup Pineapple Cup Fresh Pear Skim or 1% Fat Milk	Chef Taco Salad w/Tortilla Rounds Old Bay Chicken Salad Wrap Beans & Corn Salsa Orange Mango Cup Skim or 1% Fat Milk	No School	Holiday	No School
27-Nov	28-Nov	29-Nov	30-Nov	1-Dec
Chef Salad w/Teriyaki Chicken & Dinner Roll Buffalo Chicken Wrap Cucumber & Tomato Cup Fruit Punch Fresh Pear Skim or 1% Fat Milk	Chef Taco Salad w/Tortilla Rounds Old Bay Chicken Salad Wrap Beans & Corn Salsa Orange Mango Cup Skim or 1% Fat Milk	Chef Salad w/Crispy Chicken w/Dinner Roll Crispy Chicken Wrap Parmesan Potatoes Pineapple Cup Fresh Pear Skim or 1% Fat Milk	Chef Salad w/ Turkey Ham, Cheese & Pretzel Turkey Ham & Cheese Wrap Baby Carrots w/Ranch Banana Pear Cup Skim or 1% Fat Milk	Hot Food Line



Supper Menu November 2023

6-Nov	7-Nov	8-Nov	9-Nov	10-Nov
Pepperoni Pizza Onion Rings Orange Juice Skim or 1% Fat Milk	Chicken Teriyaki w/ Fried Rice Stir Fry Vegetables Pineapple Cup Skim or 1% Fat Milk	Crispy Chicken Sandwich w/Lettuce & Tomatoes Tater Tots Orange Skim or 1% Fat Milk	No School for Students	Holiday
13-Nov	14-Nov	15-Nov	16-Nov	17-Nov
Cheese Pizza Crispy Fries Fresh Apple Skim or 1% Fat Milk	Hot Dog Vegetarian Beans Pineapple Cup Skim or 1% Fat Milk	Pasta w/Meatsauce Seasoned Broccoli Apple Sauce Skim or 1% Fat Milk	Cheese Burger w/Lettuce & Tomatoes Onion Rings Fruit Punch Skim or 1% Fat Milk	Chicken Drumstick w/ Dinner Roll Baby Carrots w/ Dressing Fresh Pear Skim or 1% Fat Milk
20-Nov	21-Nov	22-Nov	23-Nov	24-Nov
Pepperoni Pizza Crispy Fries Fresh Apple Skim or 1% Fat Milk	Chicken Nuggets w/ WG Biscuit Tater Tots Pineapple Cup Skim or 1% Fat Milk	No School	Holiday	No School
27-Nov	28-Nov	29-Nov	30-Nov	1-Dec
Cheese Pizza Onion Rings Fresh Apple Skim or 1% Fat Milk	Thai Chili Chicken w/ Vegetable Fried Rice Stir Fry Vegetables Pineapple Cup Skim or 1% Fat Milk	Beef & Cheese Macaroni Casserole Caesar Salad Mango Cup Skim or 1% Fat Milk	Cheeseburger w/Lettuce & Tomatoes Crispy Fries Fresh Orange Skim or 1% Fat Milk	Breaded Cheese Sticks w/Marinara Dipping Cup Seasoned Broccoli Fresh Pear Skim or 1% Fat Milk