

November 2016

Jr. - Sr. High School

LUNCH

November is Good Nutrition Month.

Celebrate by eating lots of fruits and veggies, drinking plenty of water and eating healthy snacks.

USDA is an Equal Opportunity Provider and Employer

Menu Information: Deli Sandwiches, Chef Salad, and Yogurt/Cheese offered Daily. (##) denotes carb counts in serving size for that menu item will include any items that is always served together. Cold Deli Sandwiches served on Sub Bun: Turkey/Cheese or Ham/Cheese or Hoagie (Turkey/Ham/Cheese) Sandwich (30) Chicken Salad (34) or Tuna Salad (30) Chef Salad is served each day w/ Bread & Croutons (29) Yogurt/Cheese is served each day w/ Bread & Granola(47)

Monday



Jeff Rib on Bun (38) or Chicken/Cheese Flatbread(25)

7

Baked Beans (29)

Grilled Cheese Sandwich(31) or BBQ Chicken Sandwich(40)

14

Tomato Soup (25)
Crackers(7 ea pkg)

Cheeseburger on Bun (33) or Ham & Cheese Wrap (25)

21

Seasoned French Fries (25)

Chicken Strips (7-8 (16) (9-12(21) w/HMD Bread (17) or Cheeseburger on Bun (33)

28

Cowboy Beans (18)

Tuesday

Chicken Alfredo (6) w/Rotini (43) Breadstick(17) or Hamburger on Bun (33)

1

Green Peas (11)

Chicken Gravy (5) w/HMD Bread (17 ea.) or Pulled Pork on Bun (31)

8

Mashed Potatoes (20)

Chicken Tetrazinni (35) w/HMD Bread (17) or Hamburger on Bun (33)

15

Mixed Vegetables(12)

Roast Turkey(0) w/HMD Bread (17 ea) or Jeff Rib on Bun (38)

22

Mashed Potatoes(20)Gravy(4) Pumpkin Cake(24)

Breaded Pork on Bun (42) or Roasted Chicken / Bun (33)

29

Cauliflower w/Cheese (5)

Wednesday

Sausage (0) w/Pancakes(27)&Syrup (30) or Jeff Rib on Bun (38)

2

Tater Tots (20)

HMD Beef Pizza (36) or Roasted Chicken on Bun(33)

9

Corn(16)

Macho Nacho (7-8 (24) (9-12 (40) or Jeff Rib on Bun (38)

16

Refried Beans (23)

Blue Valley Brand Hot Dog on Bun (25) or PBJ Sandwich (64)

23

Baked Beans (29)

Oven Fried Chicken(11) w/HMD Bread (17) or Pulled Pork on Bun (33)

30

Mashed Potatoes(20)Gravy(4)

Thursday

Chicken Enchilada (25) or PBJ Sandwich (64)

3

Beans & Rice (20)

Mandarin Chicken(23) w/Seasoned Rice(24) & Egg Roll(22) or Cheeseburger on Bun (33)

10

Fresh Veggies

Mini Meatloaves(25) w/HMD Bread (17 ea) or Chicken/Cheese Flatbread(25)

17

Mashed Potatoes(20)Gravy(4)

NO SCHOOL

24

HAPPY THANKSGIVING

Friday

NO SCHOOL

4

PROFESSIONAL DEVELOPMENT

Mini Pepperoni Calzones(34) or Ham & Cheese Wrap(25)

11

Roasted Seasoned Carrots(5)

Mini Corn Dogs (7-8 (33) (9-12 (38) or Pulled Pork on Bun (31)

18

Broccoli w/Cheese (5)

NO SCHOOL

25

All meals are served with Fruit/Vegetable Bar and Milk. All grain items served are whole grain rich.

Jr.-Sr. High Lunch Price \$2.85
Extra Entree \$2.00
Side of Fruit or Vegetable \$.50
Chips or Cereal Bar \$.75
Extra Milk \$.40

