

# **NOVEMBER**

**For the 2021–2022 School Year, all breakfasts and lunches will be At No Cost to ALL Students.**

## **Daily Offerings**

In addition to the daily menu, a variety of fresh fruits, small side salads, raw vegetables and homemade sandwiches, signature salads, and beverages are offered.

### **Homemade Sandwiches**

Deli Sandwiches  
Peanut Butter and Jelly

### **Rotating Signature Salads**

Chef Salad  
Caesar Salad  
Chicken Tender Salad  
Turkey Salad  
Asian Salad  
Popcorn Chicken Salad  
Garden Salad

### **Beverages**

Milk: 1% low-fat and fat free varieties  
100% Juice varieties  
10 oz. Bottled Water

### **Monthly Promotion**

- Every Friday is cookie Friday. Each child who gets a lunch on Friday gets a fresh baked cookie
  - National Sandwich Day
  - Entrée of the Month: Chicken Alfredo
  - Salad of the Month: Chicken Tender Salad

### **What Makes a Meal?**

Breakfast – To make a breakfast, you must choose one fruit or vegetable, plus 2-3 additional items.

Lunch – To make a lunch, you must choose one fruit or vegetable, plus 2-4 additional items.

Scroll down to see this month's menu

# November 2021 High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<u>11/01/2021</u> <ul style="list-style-type: none"> <li>• Chicken Tenders w/ Homestyle Roll</li> <li>• Hot Ham &amp; Cheese Sub</li> <li>• Choice of Potato</li> <li>• Green Beans</li> <li>• Mixed Blend Vegetables</li> </ul>	<u>11/02/2021</u> <ul style="list-style-type: none"> <li>• Lasagna with Garlic Toast</li> <li>• Green Peas</li> <li>• Mixed Blend Vegetables</li> <li>• Steamed Broccoli</li> </ul>	<u>11/03/2021</u> <ul style="list-style-type: none"> <li>• Smoked Turkey Kielbasa</li> <li>• Chicken Corn Dog</li> <li>• Texas Ranchero Beans</li> <li>• Honey Glazed Carrots</li> </ul>	<u>11/04/2021</u> <ul style="list-style-type: none"> <li>• Cheese Quesadilla</li> <li>• Spanish Rice</li> <li>• Pinto Beans</li> <li>• Whole Kernel Corn</li> </ul>	<u>11/05/2021</u> <ul style="list-style-type: none"> <li>• Grilled Cheese with Tomato Soup</li> <li>• BBQ Chicken Sandwich</li> <li>• Buttery Carrots</li> <li>• Green Peas</li> <li>• Choice of Potato</li> </ul>
<u>11/08/2021</u> <ul style="list-style-type: none"> <li>• Chicken Nuggets w/ Homestyle Roll</li> <li>• Green Beans</li> <li>• Mixed Blend Vegetables</li> <li>• Honey Glazed Carrots</li> </ul>	<u>11/09/2021</u> <ul style="list-style-type: none"> <li>• Cajun Chicken Pasta</li> <li>• Loaded Baked Potato</li> <li>• Steamed Broccoli</li> <li>• Mixed Blend Vegetables</li> <li>• Baked Apples</li> </ul>	<u>11/10/2021</u> <ul style="list-style-type: none"> <li>• Italian Chicken Sub</li> <li>• Lima Beans</li> <li>• Broccoli with Cheese</li> <li>• Yellow Squash</li> </ul>	<u>11/11/2021</u> <ul style="list-style-type: none"> <li>• Chicken Fajitas</li> <li>• Spanish Rice</li> <li>• Black Beans</li> <li>• Whole Kernel Corn</li> </ul>	<u>11/12/2021</u> <ul style="list-style-type: none"> <li>• BBQ Pork Sandwich</li> <li>• Fish Stick Basket</li> <li>• Brussels Sprouts</li> <li>• Peas &amp; Carrots</li> </ul>
<u>11/15/2021</u> <ul style="list-style-type: none"> <li>• Chicken Nuggets</li> <li>• Blazing Chicken Nuggets</li> <li>• Homestyle Roll</li> <li>• Choice of Potato</li> <li>• Green Beans</li> </ul>	<u>11/16/2021</u> <ul style="list-style-type: none"> <li>• Chicken Parmesan w/ Penne</li> <li>• Garlic Toast</li> <li>• Steamed Broccoli</li> <li>• Mixed Blend Vegetables</li> </ul>	<u>11/17/2021</u> <ul style="list-style-type: none"> <li>• Sweet &amp; Sour Chicken Nuggets</li> <li>• Fried Rice</li> <li>• Eggroll</li> <li>• Stir Fried Vegetables</li> <li>• Sugar Snap Peas</li> </ul>	<u>11/18/2021</u> <ul style="list-style-type: none"> <li>• Cheese Enchiladas</li> <li>• Spanish Rice</li> <li>• Refried Beans</li> <li>• Whole Kernel Corn</li> </ul>	<u>11/19/2021</u> <ul style="list-style-type: none"> <li>• Cheese or Three Meat Calzone</li> <li>• Beef Hot Dog</li> <li>• White Beans</li> <li>• Mac &amp; Cheese</li> <li>• Creamy Coleslaw</li> </ul>
<u>11/22/2021</u> <ul style="list-style-type: none"> <li>• Thanksgiving Holiday</li> </ul>	<u>11/23/2021</u> <ul style="list-style-type: none"> <li>• Thanksgiving Holiday</li> </ul>	<u>11/24/2021</u> <ul style="list-style-type: none"> <li>• Thanksgiving Holiday</li> </ul>	<u>11/25/2021</u> <ul style="list-style-type: none"> <li>• Thanksgiving Holiday</li> </ul>	<u>11/26/2021</u> <ul style="list-style-type: none"> <li>• Thanksgiving Holiday</li> </ul>
<u>11/29/2021</u> <ul style="list-style-type: none"> <li>• Chicken Tenders w/ Homestyle Roll</li> <li>• Hot Ham &amp; Cheese Sub</li> <li>• Choice of Potato</li> <li>• Green Beans</li> <li>• Mixed Blend Vegetables</li> </ul>	<u>11/30/2021</u> <ul style="list-style-type: none"> <li>• Penne Pasta w/ Meat Sauce</li> <li>• Chicken Parmesan Sandwich</li> <li>• Buttery Carrots</li> <li>• Steamed Broccoli</li> </ul>	<u>12/01/2021</u> <ul style="list-style-type: none"> <li>• Spicy Teriyaki Meatballs</li> <li>• Meatball Sub</li> <li>• Fried Rice</li> <li>• Eggroll</li> <li>• Stir Fried Vegetables</li> </ul>	<u>12/02/2021</u> <ul style="list-style-type: none"> <li>• Chicken Soft Tacos</li> <li>• Beef Soft Tacos</li> <li>• Spanish Rice</li> <li>• Pinto Beans</li> <li>• Whole Kernel Corn</li> </ul>	<u>12/03/2021</u> <ul style="list-style-type: none"> <li>• Buffalo Chicken Wrap</li> <li>• Beef Hot Dog</li> <li>• Green Peas</li> <li>• Choice of Potato</li> </ul>

This institution is an equal opportunity provider. Menus are subject to change without notice.