

November 2023



High School Lunch

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk

Weekly Vegetable Subgroups
May Include:
Dark Green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
Legumes - beans and peas
Starchy - potatoes, corn, peas & lima beans
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections
May Include:
Oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home
Daily entrée options may include:
Cheese Burger on a Bun
Chicken Patty on a Bun
Cheese or Pepperoni Pizza
Specialty Pizza

Chef Fresh
Assorted Salads, Sandwiches, Wraps and Hoagies available as grab and go options.

To add funds to your child's account, please visit:
SCHOOLCAFE.COM

****Menu subject to change due to product availability****

Lunch Prices
Student \$2.80
Reduced \$.00
Adult \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
		11/1/23 Italian Dunkers Marinara Sauce <u>Featured Veggies:</u> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	11/2/23 Chicken Scampi Over Pasta <u>Featured Veggies:</u> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	11/3/23 BBQ Rib Patty On a Roll <u>Featured Veggies:</u> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
11/6/23 Pulled Pork Sandwich Homemade Slaw Hawaiian Bun <u>Featured Veggies:</u> Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	11/7/23 Taco Bowl Beef or Chicken Steamed Rice Topping Bar <u>Featured Veggies:</u> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	11/8/23 Sesame Chicken Steamed Rice <u>Featured Veggies:</u> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	11/9/23 Texas Toast Grilled Cheese Tomato Soup <u>Featured Veggies:</u> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	11/10/23 NO SCHOOL Veterans Day
11/13/23 Jacked Up Tots Cheesesteak Meat Monterey Cheese Sauce <u>Featured Veggies:</u> Tater Tots Fresh Vegetables Choice of Fruit Choice of Milk	11/14/23 Nacho Grande with Tortilla Chips Beef or Chicken <u>Featured Veggies:</u> Seasoned Corn Fresh Vegetables Choice of Fruit Choice of Milk	11/15/23 Thanksgiving Dinner Oven Roasted Turkey Stuffing & Gravy Cranberry Sauce <u>Featured Veggies:</u> Mashed Potatoes Green Bean Casserole Choice of Fruit Choice of Milk	11/16/23 All Beef Hot Dog Topping Bar Chilli & Cheese Sauce <u>Featured Veggies:</u> Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk	11/17/23 Buffalo Chicken Dip with Tortilla Chips <u>Featured Veggies:</u> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk
11/20/23 General Tso Chicken Steamed Rice <u>Featured Veggies:</u> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	11/21/23 Walking Tacos Topping Bar <u>Featured Veggies:</u> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	11/22/23 ACT 80 1/2 DAY Breakfast Only	11/23/23 NO SCHOOL Thanksgiving Break	11/24/23 NO SCHOOL Thanksgiving Break
11/27/23 NO SCHOOL Thanksgiving Break	11/28/23 Taco Bowl Beef or Chicken Steamed Rice Topping Bar <u>Featured Veggies:</u> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	11/29/23 Chicken & Vegetable Lo Mein <u>Featured Veggies:</u> Stiry Fry Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	11/30/23 Pasta & Meatballs Garlic Breadstick <u>Featured Veggies:</u> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	

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