

Lunch Menu

Middle School/High School

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Pork Taco Roasted Broccoli	Superintendent's Conference Day School Closed (Election Day)	Chicken Quesadilla Steamed Carrots	Baked Mac and Cheese Roasted Butternut Squash	Pasta with Meat Sauce Mixed Vegetables
8	9	10	11	12
Chicken Patty with Cheese and Fries Peppers & Corn	Grilled Chicken with Onions &Peppers over Brown Rice Peas	Chicken Alfredo Pasta Roasted Cauliflower	Veterans Day School Closed	Cheesy Baked Penne Pasta Garlic Broccoli
15	16	17	18	19
Grilled Cheese and Tomato Soup Tricolor Vegetables	Chicken Fajita Tomato & Cucumber Salad	Turkey Burrito Topped with Cheese Carrots	Diced Pork in Teriyaki Sauce over Rice Steamed Yellow Squash	Breakfast for Lunch Pancakes, French Toast, Chicken Sausage, Hash Brown & Scrambled Eggs Mixed Vegetables
22	23	24	25	26
Baked Mac and Cheese Roasted Tomato & Onions	Carving Home Station Roasted Turkey, Mashed Potatoes, Green Beans & Cornbread	Chicken Nuggets and Fries Roasted Broccoli	HAPPY THANKSGIVING	Thanksgiving Recess
29	30			
Cheese Quesadilla Bar Roasted Corn	Pasta with Grilled Chicken and Broccoli Roasted Cauliflower	Breakfast: Available 7:30am- 9:30am		Lunch and Breakfast meals are FREE for All students

Offering Daily

- *<u>ACTION STATION</u>-Sautéed Fresh & Hot! Noodles with vegetables and/or chicken made to order
- *SMOOTHIE STATION- Yogurt blended with fruit and Granola on the side

- *Grab n Go STATION- Burgers & Chicken Sandwiches on a Bun
- *SALAD STATION- choice of various offerings with Dinner Rolls,
- *GOURMET PIZZA STATION-Specialty Pizzas Daily along with Cheese, Pepperoni, Calzones and more
- *DELI STATION Made to Order Sandwiches with Boars Head Meats and Cheese
 - *Fat Free White, Chocolate or 1% Milk (No rBST and No Artificial Hormones)
- *Apples/Oranges/Bananas

Breakfast menu: Omelets Made To Order, Egg Sandwiches, Bagels, Cold Cereal, Muffins and More!

<u>Click here</u> to see the Selection of Ala carte healthy Snacks and beverages with prices. These items require payment at the register or funds on account with MySchoolBucks.

All Snacks and salad dressings are FREE from Hydrogenated Oils, High Fructose Corn Syrup, Preservatives, and Artificial Ingredients & Trans Fat

A Gluten Free Meal is available with 1 day notification

f you have any questions/concerns regarding this menu or there are special dietary needs, please email slower-stream-needs, please email <a href="mailto:slower-needs-nee

