

November 2024 High School Menu

Menus are subject to change without notice.

WG = Whole Grain LF = Low Fat

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
4 No School	Bone-in Chicken Wings5Herb roasted potatoes5Corn on the cobWG Sister Shubert rollTossed garden salad6Garden barFruit choice*	Hamburger/Cheeseburger/ Veggie Burger on WG Bun6Assorted fresh toppings Oven baked beans Garden bar Fruit choice* Milk choice*6	Egg Roll in a Bowl7WG Naan breadBrown riceGarden bar and hummusFruit choice*Milk choice*	WG Chicken Tenders8WG Vegilicious Pasta SaladOven baked sweet potato friesOven baked sweet potato friesGarden barWG Dinner rollFruit choice*Milk choice*Milk choice*
Loaded Oven Fries with Cheese Sauce11Cheese SauceAssorted vegetable toppingsAssorted vegetable toppingsRanchero pinto beansSeasoned brown riceWG dinner rollFruit choice*Milk choice*	Chicken and Alfredo Sauce with WG Pasta12WG Garlic BreadstickSteamed peas and carrotsGarden bar Fruit choice*Milk choice*	WG Cheeseburger Calzone13Steamed broccoliGarden barFruit choice*Milk choice*	WG Dill'icious Southern14Style Turkey Sandwich14Roasted squash14Oven baked beans14Garden bar14Fruit choice*14Milk choice*14	WG Shrimp Poppers Three Cheese Cavatappi Mac15Steamed carrots Cucumber ranch salad Garden bar Fruit choice* Milk choice*15
Chicken Parmesan with WG Pasta18Steamed green beans3Garden bar Fruit choice* Milk choice*3	Chicken Fajita 19 Steamed peppers and onions Fresh fixings Refried beans Seasoned brown rice Fruit choice* Milk choice*	WG Cinnamon Roll and Cheese Omelet20Breakfast potatoesColorful garden peppersGarden barFruit choice*	Ultimate All Beef Hotdog Bar 21 Vegetarian baked beans Creamy coleslaw Garden bar Fruit choice* Milk choice*	WG Garlic Cheesebread Marinara Sauce22Caesar salad Garden bar Fruit choice*21
Mini Sampler Basket25Oven roasted vegetable medleyGarden bar with hummusFruit choice*Milk choice*	WG Primo Pizza26Steamed broccoliGarden barFruit choice*Milk choice*	27 E-Learning Day No Meals	28 No School Thanksgiving Break	29 No School Thanksgiving Break

Alternate meals: Sandwich or Pizza Slice includes fruit choices, vegetable choices and a milk choice.

Premade Salad Meal: Daily features listed on the School District Website. Salad meal includes a fruit choice, a whole grain bread choice and a milk. **Global Trends Meal:** Daily features listed on the School District Child Nutrition Website. Includes a fruit choice, vegetable choice and a milk.

Pruts Crains Dary Vegetables Protein Choose MyPlate.gov

Free Meals for All Students

- Free Meals All students enrolled in the school district can receive one free breakfast meal and one free lunch meal every day.
- Ala Carte items, second meals, and all adult meals will be charged accordingly. Adult and Second meals will be charged \$5.00 per meal.
- Milk is included in the price of a breakfast and lunch meal. Students who take milk only at meals will be charged \$0.50 per carton. Please know that if your child is bringing lunch from home and ordering milk they will be charged.

This institution is an equal opportunity provider.