



# November 2019

## In Season Oranges

The orange is a citrus fruit and is a hybrid of the pomelo and mandarin. There are over 600 varieties of oranges worldwide.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

= Contains pork  
\* = Turkey Ham products containing 100% turkey - no pork ingredients

Beef/Chicken Nachos 4  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Mini Corn Dogs\*  
Chicken Caesar Wrap  
Chicken Caesar Salad

Chicken Curry over Rice 5  
Baked Potato with Chili  
Chicken Tenders & Wedges  
Spicy Chicken Wrap  
Chicken Caesar Salad

Chicken Tender 6  
Potato Bowl  
Macaroni & Cheese  
Wild Alaska Fish & Chips  
Chicken Caesar Wrap  
Chicken Caesar Salad

Cheesy Bread Rippers 7  
w/Tomato Soup  
Chicken & Waffles  
Chicken Tenders & Wedges  
Spicy Chicken Wrap  
Chicken Caesar Salad

Beef/Chicken Nachos 1  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Wild Alaska Fish Burger  
Mini Corn Dogs\*  
Chicken Caesar Wrap  
Chicken Caesar Salad

Beef/Chicken Nachos 8  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Wild Alaska Fish Burger  
Mini Corn Dogs\*  
Chicken Caesar Wrap  
Chicken Caesar Salad

11  
**Veterans Day**

Chicken Tikka Masala 12  
Sweet & Sour Chicken with Rice or Noodles  
Chicken Tenders & Wedges  
Spicy Chicken Wrap  
Chicken Caesar Salad

Buffalo Chicken 13  
Tot'chos  
Alfredo Chicken Pasta  
Wild Alaska Fish & Chips  
Chicken Caesar Wrap  
Chicken Caesar Salad

Chicken & Rice Soup 14  
w/ Dinner Roll  
Italian Meatball Sub  
Chicken Tenders & Wedges  
Spicy Chicken Wrap  
Chicken Caesar Salad

Beef/Chicken Nachos 15  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Wild Alaska Fish Burger  
Mini Corn Dogs  
Chicken Caesar Wrap  
Chicken Caesar Salad

Beef/Chicken Nachos 18  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Mini Corn Dogs\*  
Chicken Caesar Wrap  
Chicken Caesar Salad

Chicken Teriyaki 19  
with Rice or Noodles  
Beef Gyro  
Chicken Tenders & Wedges  
Spicy Chicken Wrap  
Chicken Caesar Salad

Turkey Gravy with 20  
Mashed Potatoes  
Pasta with Meat Sauce  
Wild Alaska Fish & Chips  
Chicken Caesar Wrap  
Chicken Caesar Salad

Cheesy Bread Rippers 21  
w/Homemade Potato Soup  
Chicken Enchiladas  
Chicken Tenders & Wedges  
Spicy Chicken Wrap  
Chicken Caesar Salad

Beef/Chicken Nachos 22  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Wild Alaska Fish Burger  
Mini Corn Dogs  
Chicken Caesar Wrap  
Chicken Caesar Salad

Beef/Chicken Nachos 25  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Mini Corn Dogs\*  
Chicken Caesar Wrap  
Chicken Caesar Salad

Vegan Curry with Rice 26  
Orange Chicken with Rice or Noodles  
Chicken Tenders & Wedges  
Spicy Chicken Wrap  
Chicken Caesar Salad

Tailgate Spicy 27  
Chicken Bites  
Baked Mozzarella Sticks with Mac & Cheese  
Wild Alaska Fish & Chips  
Chicken Caesar Wrap  
Chicken Caesar Salad

28  
**Thanksgiving Break**

29  
**Thanksgiving Break**

## Announcements

### Offered Daily

Deli Sandwich\*, Hummus Plate, Yogurt Lunch, Pizza, Cheeseburger, Chicken Burger, and Veggie Burger

### Included with All Lunches

Fruit & Vegetable Garden Bar  
1% White or NF Chocolate Milk

*Menu selections may change based on product availability.*

*Juliana Fisher MS, RDN, CD, SNS  
Director, Food Services*

## Meal Prices

### Breakfast

Elementary	\$2.05
Secondary	\$2.30
Reduced K-12	Free
Adult	\$2.70

### Lunch

Elementary	\$3.30
Secondary	\$3.55
Reduced K-3	Free
Reduced PK, 4-12	\$0.40
Adult	\$4.30
Milk Only	\$0.50