



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

- A. Pepperoni Pizza 4
- B. Cheese Pizza
- C. Yogurt Lunch

- Election Day** 5
- A. Cheese or Seasoned Beef Nachos
 - B. Beef or Bean Taco Salad
 - C. Hummus Plate

- A. Chicken Biscuit Sandwich 6
- B. Ham* & Cheese Ripper
- C. Yogurt Lunch

- A. Chicken & Rice Soup 7
- B. Macaroni & Cheese
- C. Deli* Stack Pack
President Themed Crackers

- A. 100% Beef Cheeseburger 1
- B. Wild Alaska Fish Burger
- C. Vegetarian Burger

- A. All White Meat Chicken Burger 8
- B. Wild Alaska Fish Burger
- C. Vegetarian Burger

11
Veterans Day

- A. Cheese or Seasoned Chicken Nachos 12
- B. Cheese Quesadilla
- C. Chicken Caesar Salad

- A. Curry Chicken with Rice 13
- B. Korean BBQ Beef Bowl
- C. Yogurt Lunch

- A. Chili & Cornbread 14
 - B. Cheese Ripper
 - C. Pizza Stack Pack
- Juicy Sidekick*

- A. 100% Beef Cheeseburger 15
- B. Wild Alaska Fish Burger
- C. Vegetarian Burger

- A. Pepperoni Pizza 18
- B. Cheese Pizza
- C. Yogurt Lunch

- A. Cheese or Seasoned Beef Nachos 19
- B. Beef or Bean Taco Salad
- C. Hummus Plate

- A. French Toast with Eggs 20
- B. Ham* & Cheese Ripper
- C. Yogurt Lunch

- Conference Day** 21
- A. Cheese Pizza Quesadilla
 - B. Mini Calzones with Marinara Dipping Sauce
 - C. Deli* Stack Pack
Jungle Crackers

- Conference Day** 22
- A. All White Meat Chicken Burger
 - B. Wild Alaska Fish Burger
 - C. Vegetarian Burger

- Conference Day** 25
- A. Rib a Que Sandwich
 - B. Cheese Stuffed Breadstick with Marinara
 - C. Yogurt Lunch

- Conference Day** 26
- A. Cheese or Seasoned Chicken Nachos
 - B. Bean & Cheese Burrito
 - C. Chicken Caesar Salad

- Conference Day** 27
- A. Orange Chicken with Rice 27
 - B. Mini Cheeseburgers
 - C. Yogurt Lunch

28
Thanksgiving Break

29
Thanksgiving Break

Announcements

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
Director, Food Services*

Meal Prices

<i>Breakfast</i>	
Elementary	\$2.05
Secondary	\$2.30
Reduced K-12	Free
Adult	\$2.70
<i>Lunch</i>	
Elementary	\$3.30
Secondary	\$3.55
Reduced K-3	Free
Reduced PK, 4-12	\$0.40
Adult	\$4.30
Milk Only	\$0.50