



November 2021 High School

Meal	Monday 1-Nov	Tuesday 2-Nov	Wednesday 3-Nov	Thursday 4-Nov	Friday 5-Nov
5					
Breakfast	Breakfast Kit w/Juice	Mini Cinnis	Yogurt/Bug Bites	BeneFit Bar	Cereal Bowl
Juice and:	Fruit Cocktail	Applesauce	Peaches	Orange Slices	Apple Slices
Lunch					
Entree	Orange Chicken/Rice	Wrap Sandwich	Burrito Bowl	Beef Sub Sandwich	Chicken Patty/Bun
Veg Entree	Sunbutter Pack	Lasagna	Cheese Filled Breadsticks/Marinara	Yogurt/Cheese/Grain	Mac & Cheese
	Pizza	Hamburger/Cheeseburger	Chicken Patty/Bun	Pizza	Hamburger/Cheeseburger
Veggies	Veggie Sticks Oriental Vegetables	Cucumber Slices Baked Fries	Garden Salad Black Beans	Red Pepper Strips Sweet Potato Fries	Broccoli Florets Whole Kernel Corn
Fruit	100% Juice Ice Slushie Pears	Peaches Pineapples	Juice Apple Slices	Pineapples Fruit Cocktail	Pears Strawberry Cup
1	8-Nov	9-Nov	10-Nov	11-Nov	12-Nov
Breakfast	Cereal Bowl/Cheese Stick	Muffin	Breakfast Pastry		BeneFit Bar
Juice and:	Applesauce	Orange Slices	Apple Slices		Pears
Lunch					
Entree	Turkey Stick/Cheese/Chips & Salsa	Chicken Tenders	Beef Rib B-Q		Deli Sub & Chips
Veg Entree	Cheese Filled Breadsticks/Marinara	Chalupa/Salsa	Sunbutter Pack		Pizza
	Pizza	Hamburger/Cheeseburger	Chicken Patty/Bun	Chicken Patty/Bun	
Veggies	Broccoli Florets Black Beans	Zucchini Coins Roasted Potatoes	Garden Salad Green Beans	Red Pepper Strips Cucumbers	
Fruit	Pears Peaches	Pineapples Mandarin Oranges	Peaches Juice	Apple Slices Fruit Cocktail	
2	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov
Breakfast	Zee Zee Cocoa Cherry Bar	Mini Pancakes	Breakfast Kit w/Juice	Zucchini Bread	Cereal Bar
Juice and:	Pears	Peaches	Applesauce	Apple Slices	Orange Slices
Lunch					
Entree	French Toast and Sausage	All Beef Hot Dogs	Turkey & Gravy/Dinner Roll	Walking Taco	Chicken Patty/Bun
Veg Entree	Calzone w/Marinara	Bean & Cheese Burrito/Salsa	Vegetarian Nuggets	Grilled Cheese	Cheese Filled Breadsticks/Marinara
	Chicken Patty/Bun	Pizza	Hamburger/Cheeseburger	Chicken Patty/Bun	Hamburger/Cheeseburger
Veggies	Red Peppers w/dip Veggie Juice	Celery/Carrot Sticks Vegetarian Beans	Whole Kernel Corn Mashed Potatoes	Grape Tomatoes Refried Beans	Broccoli Florets Seasoned Potato Wedges
Fruit	Fruit Cocktail Applesauce	Orange Slices Juice	Strawberries Apple Slices	100% Juice Ice Slushie Orange Slices	Apple Slices Pears
3	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov
Breakfast	Mini Cinnis	Breakfast Bar/Cheese Stick			
Juice and:	Applesauce	Peaches			
Lunch					
Entree	Corn Dog or Mini Corn Dogs	Turkey Stick/Cheese/Muffin			
Veg Entree	Cheese Quesadilla/Salsa	Pizza			
	Chicken Patty/Bun	Hamburger/Cheeseburger			
Veggies	Grape Tomatoes Refried Beans	Broccoli Florets Garden Salad			
Fruit	Applesauce Juice	Pears Whole Apple			
4	29-Nov	30-Nov	1-Dec	2-Dec	3-Dec
Breakfast	Breakfast Kit W/Juice	Mini Pancakes	Cereal Bowl/Bug Bites	Fruit Filled Pastry	Breakfast Bar
Juice and:	Orange Slices	Peaches	Mandarin Oranges	Apple Slices & Hard Cooked Egg	Applesauce
Lunch					
Entree	Chicken Nuggets & Cornbread	Fish Sandwich w/cheese	Sloppy Joe w/Chips	All Beef Hot Dogs	Chicken Nachos
Veg Entree	Vegetarian Nuggets & Cornbread	Cheese Pizza	Omelet/Muffin	Grilled Cheese	Pizza
	Hamburger/Cheeseburger	Chili and Corn Bread	Chicken Patty/Bun	Pizza	Hamburger/Cheeseburger
Veggies	Green Beans Mashed Potatoes	Steamed Vegetables Waffle Fries	Carrot/Celery Sticks Roasted Potatoes	Seasonal Fresh Veggie Sweet Potato Fries	Red Pepper Strips Black Beans
Fruit	Peaches Apple Slices	100% Juice Ice Slushie Applesauce	Orange Slices Pears	Apple Slices Peaches	Mandarin Oranges Juice