





November 2022

Middle School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 *Chicken Nuggets w/ Pretzel Rod *Green Beans *Side Salad *Red Pepper Strips *Fresh Whole Fruit *100% Apple Juice	2 *Cheesy Hot Dog *Vegetarian Baked Bean *Fresh Broccoli *Celery Sticks *Fresh Whole Fruit *100% Grape Juice	3 *Grilled Cheese Sandwich *Steamed Carrots *Side Salad *Grape Tomato *Fresh Whole Fruit *100% Orange Juice	4 *Mozzarella Sticks w/ Sauce *Golden Sweet Corn *Cucumber Slices *Edamame *Fresh Whole Fruit *100% Fruit Juice	 <p>Special News...</p> <p><u>Did You Know?</u></p> <p>*Our Grains are whole-grain rich</p> <p>*We offer fresh fruits & veggies every day!</p> <p>*100% Fruit Juice is offered for both Breakfast & Lunch</p> <p>*Sunbutter & Jelly, Cheese Sandwich Available Daily</p> <p>*1%, Fat Free, & Fat Free Chocolate Milk Always Available!</p> <p>Lunch Prices</p> <p>Paid: \$3.20</p> <p>Reduced: \$0.40</p> <p>Menus are subject to change without notice.</p>
7 *Chicken Tenders w/ Pretzel Rod *Winter Veggie Blend *Baby Carrots *Garbanzo Beans *Fresh Whole Fruit *100% Fruit Juice	8 NO SCHOOL	9 *Corn Dog *Green Beans *Fresh Broccoli *Celery Sticks *Fresh Whole Fruit *100% Grape Juice	10 *Bosco Sticks w/ Sauce *Golden Sweet Corn *Side Salad *Grape Tomatoes *Fresh Whole Fruit *100% Orange Juice	11 *Chicken Quesadilla *Peas & Carrots *Red Pepper Strips *Baby Carrots *Fresh Whole Fruit *100% Fruit Juice	
14 *Hot Dog on a Bun *Green Beans *Baby Carrots *Garbanzo Beans *Fresh Whole Fruit *100% Fruit Juice	15 *Beef Nachos *Kickin' Pinto Beans *Fresh Zucchini *Side Salad *Fresh Whole Fruit *100% Apple Juice	16 *Cheese Quesadilla *Steamed Peas *Celery Sticks *Fresh Broccoli *Fresh Whole Fruit *100% Grape Juice	17 *Popcorn Chicken w/ Cheez-It's *Steamed Carrots *Side Salad *Grape Tomato *Fresh Whole Fruit *100% Orange Juice	18 *Pizza Crunchers *Golden Sweet Corn *Baby Carrots *Red Pepper Strips *Fresh Whole Fruit *100% Fruit Juice	
21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	
28 *Hot Dog *Green Beans *Cold Green Peas *Baby Carrots *Fresh Whole Fruit *100% Fruit Juice	29 *French Toast Sticks w/ Sausage *Tater Tots *Cucumber Slices *Side Salad *Fresh Whole Fruit *100% Apple Juice	30 *Max Snaxx Pizza Sticks w/ Sauce *Vegetarian Baked Beans *Fresh Broccoli *Celery Sticks *Fresh Whole Fruit *100% Grape Juice	 <p>Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com Keyword: Keeneyville</p>		

DAILY

- Burgers
- Chicken Sandwiches
- Pizza-By-The-Slice



This institution is an equal opportunity provider.