

Glacier Gateway and Ruder Lunch Menu November 2022

Lunch prices paid \$3.00, reduced \$0.40 and free

Turn in a Free/ Reduced meal application to see if you qualify for discounted meals.

Meal components include: 1 entrée, grains, fruit/vegetables and milk. Students must take 3 components with at least ½ c. fruit or vegetable to make a complete meal.

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
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| | 1. All beef hot dog on w/w bun or Meatball sub Fruit, veggie and milk | 2. Bean and cheese burrito or Chicken Chimichanga Fruit, veggie and milk | 3. Pulled pork on w/w bun or Peanut butter and jelly sandwich Fruit, veggie and milk | 4 Popcorn chicken or Ham sandwich Fruit, veggie and milk |
| 7. Chicken tenders or Pork rib patty on w/w bun Fruit, veggie and milk | 8. Hamburger on w/w bun or Cheese burger on w/w bun Fruit, veggie and milk | 9. Corn dog or Peanut butter and jelly sandwich Fruit, veggie and milk | 10. Turkey gravy, mashed potatoes, fruit cup, cranberries, w/w dinner roll, ice cream milk | 11. PIR Day No School |
| 14. Beef taco nachos or Chicken taco nachos corn chips Fruit, veggie and milk | 15 W/w cheese sandwich or Breaded pork on w/w bun Fruit, veggie and milk | 16. Chicken patty on w/w bun or cook's choice Fruit, veggie and milk | 17. Pepperoni or Cheese pizza Fruit, veggie and milk | 18. Popcorn chicken or cook's choice Fruit, veggie and milk |
| 21. Breaded chicken leg or Beef sandwich Fruit, veggie and milk | 22. cook's choice Fruit, veggie and milk | 23. Thanksgiving Holiday No School | 24. Thanksgiving Holiday No School | 25. Thanksgiving Holiday No School |
| 28. Chicken patty on w/w bun or All beef hotdog on w/w bun Fruit, veggie and milk | 29. French toast sausage patty Fruit, veggie and milk | 30. Hamburger on w/w bun or Cheese burger on w/w bun Fruit, veggie and milk | | |