

# NOVEMBER | 2022



## Trigg County High School Lunch Menu

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**31**  
Mandarin Orange Chicken  
Or General Tso's Chicken  
Or Cheese Stuffed Sand  
Or Chef Salad  
Fried Rice, Stir-fry Veggies  
Garden Salad, Roll, *EEK Sidekick*, Apple, Milk

**1**  
Pizza or Chef Salad  
Or Ham Wrap Box  
Corn  
Garden Salad  
Roll  
Banana, Apple, Milk

**2**  
Chicken Nuggets or  
Turkey Sub Box  
Or Chef Salad  
French Fries, Green Beans  
Veggie Cup, Roll  
Applesauce, Orange Wedges,  
Apple, Milk

**3**  
Fish Sticks & Hush Puppies  
Or Hamburger/Cheeseburger  
Or Chef Salad  
Tater Tots, Cole Slaw  
Garden Salad  
Apple, Pineapple, Milk

**4**  
Nachos w/ Beef & Cheese  
Or Pizza  
Or Chef Salad  
Spanish Rice, Corn  
Veggie Cup  
Sidekick, Apple, Milk

**7**  
Quesadilla  
Or Bosco Sticks w/Marinara  
Or Chef Salad  
Corn Nuggets, Salsa  
Garden salad  
Peaches, Orange Wedges, Milk

**8**  
Pizza or Chef Salad  
Or Turkey Wrap Box  
Corn  
Garden Salad  
Roll  
Banana, Apple, Milk

**9**  
Wing Dings or Hot Wings  
Ham Sub Sandwich Box  
Or Chef Salad  
Potato Emojis, Green Beans  
Veggie Cup, Roll  
Applesauce, Apple, Orange  
Wedges, Milk

**10**  
Corn Dog or  
Hamburger/Cheeseburger  
Or Chef Salad  
Curley Fries, Green Peas  
Garden Salad, Roll  
Pineapple, Apple, Milk

**11**  
Sub Sandwich or Pizza  
Or Chef Salad  
Lettuce & Tomato  
Baby Carrots  
Tostito Chips & Salsa  
Apple, Sidekick, Milk

**14**  
Hamburger or Cheeseburger  
Or Stromboli  
Or Chef Salad  
Baked Beans, French Fries  
Lettuce & tomato cup  
Peaches, Apple, Orange  
Wedges, Milk

**15**  
Pizza or Chef Salad  
Or Ham Wrap Box  
Corn  
Garden Salad  
Roll  
Banana, Apple, Milk

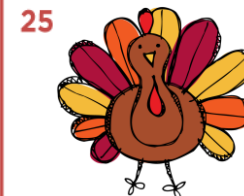
**16**  
Hot Dog or  
Turkey Sub Box  
Or Chef Salad  
Tater Tots, Baked Beans  
Garden Salad, Roll  
Applesauce Apple, Milk

**17**  
Turkey & Dressing or Ham Slice  
Or Hamburger/Cheeseburger  
Or Chef Salad  
Mashed Potatoes, Green Beans,  
Garden Salad, Fruit Salad,  
Cranberry Sauce, Cookie, Apple,  
Roll, Milk

**18**  
Walking Taco  
Or Pizza  
Or Chef Salad  
Shredded Lettuce & Diced  
Tomatoes, Refried Beans  
Apple, Sidekick, Milk

**21**  
Chicken Sandwich or  
Pizza Pocket  
Tater Tots, Green Beans  
Lettuce & Tomato  
Peaches, Apple, Orange  
Wedges, Milk

**22**  
Pizza or Chef Salad  
Or Turkey Wrap Box  
Corn  
Garden Salad  
Roll  
Banana, Apple, Milk



**28**  
Breaded Mozz Cheese Sticks  
Or Cheesy Break Apart  
Or Chef Salad  
Curley Fries, Marinara Sauce,  
California Blend Veggies  
Veggie cup; Strawberries,  
Orange Wedges, Milk

**29**  
Pizza or Chef Salad  
Or Ham Wrap Box  
Corn  
Garden Salad  
Roll  
Banana, Apple, Milk

**30**  
Fried Chicken or  
Ham Sub Box  
Or Chef Salad  
Mashed Potatoes, Green Beans  
Veggie cup, Roll  
Applesauce, Orange Wedges  
Milk

**1**  
Topsey Turvey Day  
(Breakfast for Lunch)  
Egg Patty & Sausage  
Or Hamburger/Cheeseburger  
Hash Brown, Veggie Cup  
Biscuit  
Baked Apples, Pineapple  
Milk

**2**  
Burrito or Cheesy Bread  
Or Pizza  
Refried Beans, Veggie Cup  
Sidekick, Apple  
Milk

### News

Due to nationwide supply chain issues, menus are subject to change without notice.

This institution is an equal opportunity provider