

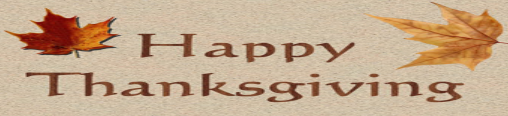


	 <h2 style="text-align: center;">November 2023 MIDDLE SCHOOL MENU</h2>					
STATIONS	MONDAY	TUESDAY	WEDNESDAY	HIGH SCHOOL THURSDAY'S	FRIDAY	
				1	2	3
Hot Entrée			Pasta w/ Marinara Sauce & Fresh Hot Cheesy Bread	Philly Cheese Steak	Pizza Friday's Choice of Pepperoni	
Vegetables			Roasted Carrots	Sweet Potato Fries	Cauliflower	
Sandwiches			Italian Combo	Turkey & Cheese	Bologna & Cheese	
	6	7	8	9	10	
Hot Entrée	French Toast Sticks & Chicken Sausage	<b>Election Day GO VOTE</b>	Cheese Ravioli w/Marinara	Sausage & Peppers	Bosco Cheese Sticks w/ Marinara	
Vegetables	Sliced Banana/Strawberry		Sauteed String Beans	Roasted Potato O'Brien	Sauteed Spinach	
Sandwiches	Ham & Cheese		Italian Combo	Turkey & Cheese	Bologna & Cheese	
	13	14	15	16	17	
Hot Entrée	Pancakes w/ Chicken Sausage	Chicken & Broccoli Teriyaki and Brown Rice	Mac & Cheese w/whole wheat Roll	Hot Digidy Dogs with all the Toppings	Pizza Friday's Choice of Pepperoni	
Vegetables	Sliced Banana/Strawberry	Roasted Edamame	Broccoli	Roasted Broccoli	Blueberry Cup	
Sandwiches	Ham & Cheese	Salami & Cheese	Italian Combo	Turkey & Cheese	Bologna & Cheese	
	20	21	22	23	24	
Hot Entrée	Maple Waffles w/ Roasted ChickenTenders	Nachos with all the Toppings	Beef Ravioli Fresh Basil & Grated Cheese			
Vegetables	Broccoli	Braised Black Beans	Baked Cauliflower w/ Blue cheese			
Sandwiches	Ham & Cheese	Salami & Cheese	Italian Combo			
	27	28	29	30		
Hot Entrée	Chicken Nuggets & Fries	Ribbles	Chicken & Broccoli Teriyaki and Brown Rice	SPUDS & NUGGETS		
Vegetables	Broccoli	Corn	Roasted Edamame	Broccoli		
Sandwiches	Salami & Cheese	Salami & Cheese	Salami & Cheese	Turkey & Cheese		
<p><b>Available Daily :Whole Wheat Breads and Bagels with String Cheese... Sunbutter &amp; Jelly Sandwich. Assorted Whole Wheat Cereal, Granola Parfaits, Hummus and Crunchy Chips. Fresh Fruits:Various Seasonal Apples, Oranges, Bananas, 1% Milk and Juices are all included with your complete meal. Special Needs or Gluten Free are Upon Request.</b></p>						