

November 2023 Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Chicken Nuggets (6) Potato Smile (Mashed Potato) Sautéed Green Beans Apple Sauce Cup 100% Fruit Juice Hormone Free Milk 6 th Grade Class Trip 6M	31 Penne Pasta Bar Marinara or Butter Toasted Garlic Bread Roasted Zucchini Kiwi Slices 100% Fruit Juice Hormone Free Milk Halloween Treat	1 Grilled Cheese Chicken Noodle Soup Cucumber Cup Fresh Pear 100% Fruit Juice Hormone Free Milk Sakanaya Sushi Salmon/California Roll 6 th Grade Class Trip 6S	2 Brunch for Lunch Pancake or Blueberry Pancakes Sausage Links Hash Brown Potato Fresh Banana 100% Fruit Juice Hormone Free Milk	3 Sunrise Pizza Buffalo Slice \$4.00 Grandma Slice \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 100% Fruit Juice Hormone Free Milk
6 Breaded Chicken Drumstick French Fries Peas and Carrots Fresh Fruit Basket 100% Fruit Juice Hormone Free Milk	7 Election Day 	8 Macaroni and Cheese or Pasta with butter Steamed Peas Red Delicious Apple 100% Fruit Juice Hormone Free Milk Sakanaya Sushi Salmon/California Roll	9 Sunrise Pizza Buffalo Slice \$4.00 Grandma Slice \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 100% Fruit Juice Hormone Free Milk	10 
13 Angus Beef Burger on Hamburger Bun Dill Pickle Fresh Corn Kiwi Slices 100% Fruit Juice Hormone Free Milk	14 Baha Bowl Seasoned Beef White Rice Black Beans and Corn Lettuce and Tomato 100% Fruit Juice Hormone Free Milk	15 Thanksgiving Dinner Roast Turkey with Brown Gravy Mashed Potatoes Sautéed Green Beans Soft Dinner Roll Thanksgiving Treat Sakanaya Sushi Salmon/California Roll	17 Brunch for Lunch French Toast Sticks Turkey Bacon Hash Brown Potato Fresh Banana 100% Fruit Juice Hormone Free Milk	17 Sunrise Pizza Buffalo Slice \$4.00 Grandma Slice \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 100% Fruit Juice Hormone Free Milk
20 Chicken Tenders Oven Baked French Fries Roasted Broccoli and Cauliflower Fresh Fruit Basket 100% Fruit Juice Hormone Free Milk	21 Sunrise Pizza Buffalo Slice \$4.00 Grandma Slice \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 100% Fruit Juice Hormone Free Milk	Thanksgiving Recess No Lunch Served	Thanksgiving Recess 	
27 Popcorn Chicken with BBQ Sauce or plain Peas and Carrots Red Delicious Apple 100% Fruit Juice Hormone Free Milk	28 TACO TUESDAY Hard Shell Taco Rice and Black Beans Seasoned Taco Beef Cheddar Cheese Diced Tomato/Lettuce Vegetable Salsa	29 Three Cheese Baked Ziti Or Plain Pasta Sautéed Spinach Toasted Bread Stick Fresh Apple 100% Fruit Juice Sakanaya Sushi Salmon/California Roll	30 Brunch for Lunch French Toast Sticks Turkey Bacon Hash Brown Potato Fresh Banana 100% Fruit Juice Hormone Free Milk	Sunrise Pizza Buffalo Slice \$4.00 Grandma Slice \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 100% Fruit Juice Hormone Free Milk



SCHOOL LUNCH PRICES

LUNCH: \$4.00

Gluten Free

Rolls, Cereal, Pizza and Pasta available upon request

MEAL OF THE DAY

INCLUDES:

Vegetable, Fresh Whole Fruit or 100% Fruit Juice,
Hormone/Antibiotic Free Skim,
Low Fat Choc and 1% Milk
Fresh Fruit Basket offered Daily

Pre-Made Sandwiches offered daily with Boar's Head Meats

(Turkey, Ham, Bologna, Salami
Buffalo Chicken, American Cheese)
Sun Butter and Jelly Sandwich

Pre Made Salads Available:

Chicken Caesar Salad/Caesar Salad
Garden Salad/Greek

À la Carte Prices

Mini Poland Spring Water \$1.25
Poland Spring Water 16oz \$1.50
Baked Snack Varieties \$1.25-\$2.75
Fresh Fruit Purchase \$1.00
Small Fruit Salad \$2.50
Baked Cookie \$1.00 (Wednesdays)
Baked Whole Grain Pretzel (Thursdays)
Ice Cream \$1.25-\$3.00 (Fridays)
Horizon Organic Milk \$2.50
Stonyfield Organic Smoothie