


November High School Menu



Week 1	11/1 Friday					
Breakfast Rotation Station Garden Cafe Burger Grille Pizza Parlour Vegetable					Frudel Varies by month (36) Cereal (25) w/ String Cheese Cottage Cheese/Crackers Protein Pack Super Nachos (42) Recipe Chicken Chef Salad Ham & Cheese Sub (38) Burger Grille(31) Pizza Variety(35) Refried Beans (28)	
	Offered Everyday at Breakfast: 1% White Milk Fat Free White Milk Fat Free Flavored Milk 100% Fruit Juice Offered Every Day at Lunch: Fresh Fruit and Vegetable Bar 1% White Milk Fat Free White Milk Fat Free Flavored Milk					
Week 2 Breakfast Rotation Station Garden Cafe Burger Grille Pizza Parlour Vegetable	11/4 Monday	11/5 Tuesday	11/6 Wednesday	11/7 Thursday	11/8 Friday	All meals comply with the National School Breakfast and Lunch Programs for nutrition guidelines. () Indicates Carbohydrate Count Menu Subject to change based on availability. This institution is an equal opportunity provider.
	4oz Yogurt/Giant Goldfish Cereal (25) w/ String Cheese Cottage Cheese/Crackers(see packaging) Protein Pack	Breakfast Pizza (31) Cereal (25)w/ Power Snack (see packaging) Cottage Cheese/Crackers(see packaging) Protein Pack	Cinnamon Roll (52) Cereal (25) w/ String Cheese (see packaging) Cottage Cheese/Crackers(see packaging) Protein Pack	Confetti Mini Pancakes (36) Cereal (25)w/ Power Snack (see packaging) Cottage Cheese/Crackers(see packaging) Protein Pack	Banana Bread (46) Cereal (25) w/ String Cheese Cottage Cheese/Crackers(see packaging) Protein Pack	
	Mini Corn Dogs (27) Chicken Caesar Salad Chicken Caesar Wrap(49) Burger Grille(31) Pizza Variety(35) Tater Smiles (31)	Philly Pinwheel(32) Chicken Caesar Salad Chicken Caesar Wrap(49) Burger Grille(31) Pizza Variety(35) Steamed Carrots	Breaded Chx Drum (quan: 2) (12g C) WG Roll (11) Chicken Caesar Salad Chicken Caesar Wrap(49) Burger Grille(31) Pizza Variety(35) Baked Beans (26)	Orange Chicken(20) Fried rice(27) Chicken Caesar Salad Chicken Caesar Wrap(49) Burger Grille(31) Pizza Variety(35) Steamed Broccoli	Beef Taco Stick(32) Chicken Caesar Salad Chicken Caesar Wrap(49) Burger Grille(31) Pizza Variety(35) Sliced Cucumbers	
Week 3 Breakfast Rotation Station Garden Cafe Burger Grille Burger Grille Pizza Parlour Vegetable	11/12 Tuesday	11/13 Wednesday	11/14 Thursday	11/15 Friday		
	Cheese Omelet (2) Cereal (25) w/ Power Snack Cottage Cheese/Crackers Protein Pack	WG Powdered Donuts (41) Cereal (25) w/ String Cheese Cottage Cheese/Crackers Protein Pack	Pancake Sausage Stick (16) Cereal (25)w/ Power Snack (see packaging) Cottage Cheese/Crackers Protein Pack	French Toast Stick (38) Cereal (25) w/ String Cheese Cottage Cheese/Crackers Protein Pack		
	Pot Stickers Stir Fried Rice Buffalo Chicken Salad Buffalo Chicken Wrap Burger Grille(31) Pizza Variety(35) California Vegetables 1/2	Toasted Ravioli Buffalo Chicken Salad Buffalo Chicken Wrap Burger Grille(31) Pizza Variety(35) Sweet Waffle Fries	Chicken Fajita Bowl Wg Tortillas Buffalo Chicken Salad Buffalo Chicken Wrap Burger Grille Pizza Variety Spinach Mandarin Salad	Chicken Nuggets WG Roll Buffalo Chicken Salad Buffalo Chicken Wrap Burger Grille(31) Pizza Variety(35) Tater Tots		
Week 4 Breakfast Rotation Station Garden Cafe Burger Grille Pizza Parlour Vegetable	11/18 Monday	11/19 Tuesday	11/20 Wednesday	11/21 Thursday	11/22 Friday	
	Benefit Bars Cereal (25) w/ String Cheese Cottage Cheese/Crackers(see packaging) Protein Pack	Sausage & Egg Sandwich Cereal (25)w/ Power Snack (see packaging) Cottage Cheese/Crackers(see packaging) Protein Pack	Muffin Varies by Month Cereal (25) w/ String Cheese Cottage Cheese/Crackers(see packaging) Protein Pack	Breakfast Burrito Cereal (25)w/ Power Snack (see packaging) Cottage Cheese/Crackers(see packaging) Protein Pack	Strawberry Mini Bagels Cereal (25) w/ String Cheese Cottage Cheese/Crackers(see packaging) Protein Pack	
	Red Tamale (2) Chicken Taco Salad Turkey Sub(38) Ranch Beans (23)	Chicken Penne Alfredo Chicken Taco Salad Turkey Sub(38) Pizza Variety(35) Carroteenies	Mozzarella Pull-Aparts (29) Chicken Taco Salad Turkey Sub(38) Pizza Variety(35) Steamed Veggie Blend	Roasted Turkey w/ Gravy Chicken Taco Salad Turkey Sub(38) Pizza Variety(35) Mashed Potatoes(15) Pumpkin Cookies (22)	Beef Fiestada (43) Chicken Taco Salad Turkey Sub(38)	
Week 1 Breakfast Rotation Station Garden Cafe Burger Grille Pizza Parlour Vegetable	11/25 Monday	11/26 Tuesday	HAPPY THANKSGIVING!!! 			
	2ct Poptart (2g) Cereal (25) w/ String Cheese Cottage Cheese/Crackers(see packaging) Protein Pack	Turkey Egg Bites Cereal (25)w/ Power Snack (see packaging) Cottage Cheese/Crackers(see packaging) Protein Pack				
	Hot Dogs & Chili Dogs WG Bun Chicken Chef Salad Ham & Cheese Sub (38) Burger Grille(31) Pizza Variety(35) French Fries (24)	Wings / Mac & Cheese (31) District Chicken Chef Salad Ham & Cheese Sub (38) Burger Grille(31) Pizza Variety(35) Green Beans				