# NOVEMBER MIDDLE HIGH

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 2 | 3 | 4 Sausage Biscuit | 5 Breakfast Bowl | 6 Bakery Loaf Slice |
| PLC DAY NO SCHOOL | ELECTION DAY NO SCHOOL | Chicken or Cheese Quesadilla<br>Mexican Rice<br>Queso Blanco<br>Refried Beans<br>Fresh Pico | Teriyaki Chicken<br>⭐ Fried Rice or Lo Mein Noodles<br>Steamed Broccoli<br>Pears<br>Yum Yum Sauce | Stuffed Crust Pizza<br>Caesar Salad<br>Seasoned Corn<br>Applesauce |
| 9 Sausage Pancake Stick | 10 Cinnamon Sugar Biscuit | 11 Chicken Biscuit | 12 Yogurt Parfait | 13 French Toast Sticks |
| Corn Dog<br>Straight Cut Fries<br>⭐ Honey Roasted Carrots<br>Seasonal Fresh Veggies<br>Chocolate Chip Cookie | Buffalo Chicken Melt<br>Buffalo Potato Slices<br>Harvest Crunch Salad ⭐<br>Mandarin Orange Fruit Toss | **Crispy Chicken Bowls**<br>Mashed Potatoes<br>Seasoned Corn<br>Shredded Cheese<br>⭐ Parmesan Broccoli<br>Pillsbury Biscuit | **Loaded Totchos**<br>Seasoned Ground Beef<br>Queso Blanco<br>Ranchero Beans<br>Assorted Toppings | WORLD KINDNESS DAY!<br>Orange Chicken<br>Fluffy Rice or Lo Mein Noodles<br>Egg Roll<br>Jonny Pop |
| 16 Breakfast Pizza | 17 Fresh Baked Scone | 18 Sausage Biscuit | 19 Breakfast Bowl | 20 Bakery Loaf Slice |
| Boneless Bites<br>Battered Potato Wedge<br>Texas Toast<br>Celery, Carrots & Bell Pepper Sticks<br>Sidekick Fruit Slush | Max Sticks<br>Marinara Sauce<br>Italian Chopped Salad<br>Seasoned Corn<br>Apple Slices with Cinnamon Swirl Dip ⭐ | Chicken or Beef Tacos<br>Assorted Toppings<br>Southwest Rice<br>Refried Beans<br>Diced Pineapple | **Thanksgiving Meal**<br>Turkey & Dressing<br>Mashed Potatoes<br>Green Beans<br>Yeast Roll<br>Fresh Fruit | Bacon Cheese Burger<br>Sliced Tomatoes & Leaf Lettuce<br>Seasoned Potato Squares<br>Confetti Pasta Salad ⭐<br>Orange Wedges |
| 23 Sausage Pancake Stick | 24 Cinnamon Sugar Biscuit | 25 | 26 | 27 |
| Chicken & Waffles<br>Breakfast Potatoes<br>Fresh Vegetables<br>Strawberries with ⭐ Whipped Topping | Chicken Tenders<br>Classic French Fries<br>Texas Toast<br>Buffalo Cauliflower ⭐<br>Homestyle Gravy<br>Dole Fruit Wiggle | THANKSGIVING BREAK | | |
| 30 Breakfast Pizza | | | | |
| Pizza Crunchers<br>Marinara Sauce<br>Battered Potato Wedges<br>Cheesy Broccoli<br>Sliced Peaches | | | | |

Middle School Trends Line

**Scan the QR Code to add money to your student's MySchool Bucks account!**

| | | | | |
|---|---|---|---|---|
| Burger<br>Fries<br>Fresh Veggies | Nacho/Taco Tuesday<br>Assorted Toppings | Chicken Biscuit<br>Sliders<br>Fries | Cheese or Pepperoni Pizza<br>Salad | Chicken Sandwich<br>Fries<br>Fresh Veggies |

**This institution is an equal opportunity provider. Menus are subject to change due to circumstances beyond our control.**

## 🍂 A SEASON OF THANKS 🍂

November is a wonderful time to celebrate gratitude!
We are thankful for our amazing students, supportive families, dedicated teachers, and hardworking Nutrition & Dining team members who prepare and serve delicious school meals each day.
🍎🥕 Happy Thanksgiving! 🥕🍎
⭐ = New Menu Item! Look for the star to spot something new!

## ALWAYS AVAILABLE

PB & J Sandwich Boxes

Fresh Fruit

Fresh Vegetables

Whole White Milk
1% Chocolate Milk
Skim Strawberry Milk

**Daily High School Choices:**

- Bowl Line- A made-to-order bowl with fresh ingredients &your choice of protein, grains, vegetables & other toppings.
- Sandwich Line- Fresh favorites served daily, including burgers, original chicken, & spicy chicken sandwiches.
- Smart Mouth Pizza-- Fresh-baked daily in our pizza oven!

### Try It Tuesdays!

Every Tuesday, students can sample new recipes or seasonal fruits and vegetables—and help us discover our next cafeteria favorites!