

SOUTHMORELAND SENIOR HIGH NOVEMBER CAFETERIA MENU

Breakfast Offered Daily :

Assorted WholeGrain
Grab-n-Go Items Vary Daily
Breakfast Meal includes:
Entrée, Fruit &/or Juice, & Milk

Breakfast Prices:

All meals to Students are FREE

Adults— \$3.05

Lunch meal includes 1 entrée
(bread & lean protein),
Max of 2 different vegetables, 2 different fruits,
& Choice of milk.

(Whole, 2%, 1% flavored, Alternates)

**AT MINIMUM students must
select 1 fruit or veg with your meal & 2 other
food components.**

Daily lunch fruits & veg may include:
seasonal fresh fruit, fresh & cooked veggies,
chilled, canned, or frozen fruit, & 100% veggie juice.
100% fruit juice (offered daily).

Lunch Prices

All meals to Students are FREE

Adults—\$5.05

Use www.schoolcafe.com to register/manage
your student account. Meals are FREE but funds
are required for a la carte purchasing.

Parents may use SchoolCafe to make online
payments (3rd party processing fee applies)
Food Service also accepts cash or checks endorsed
to "Southmoreland Cafeteria Fund" in envelope
w/student name and ID number. Student should
submit directly to cafeteria staff or to main office.

Fresh & Ready Grab n Go

Chef Salads

Parfait Kits

Yogurt Kits

Uncrustable Kits

Cheese/Cracker/Veggie Kits

Scottie Deli or Italiano Hoagies

Chicken Wraps

Turkey Bacon Ranch Wraps

Additional Deli Features

Date	Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2-6	Boneless Wings w/Roll & Dipping Sauce Twister Fries Pepper Strips w/Ranch Apple Slices Diced Peaches	DORITOS Walking Taco <u>Cond: Lettuce, Salsa, Sour Cream</u> Mexican Rice Cucumber Slices w/Ranch Fresh Orange Wedges Blueberry Cups	Bone-In Chicken Wings w/Garlic Knot Potato Wedges Baby Carrots w/Ranch Fresh Red/Golden Apples Mixed Fruit w/Whip	Cherry Blossom Chicken Steamed Rice Steamed Broccoli 100% Veggie Juice Cinnamon Applesauce Cup Fresh Banana	NAT'L NACHO DAY Beef & Cheese Nachos <u>Cond: Lettuce, Salsa, Sour Cream</u> Seasoned Corn Side Salad Cups w/Dressing Sparkling Pears
Nov 9-13	Chicken Tenders w/Dutch Waffle Sweet Potato Fries Pepper Strips w/Ranch Apple Slices Diced Peaches	Rotini w/Meatsauce Garlic Breadstick Seasoned Green Beans Baby Carrots w/Ranch Diced Pears Fresh Orange Wedges		Ham & Cheese Pretzel Melt Peas & Carrots Cucumber Slices w/Ranch Mixed Fruit Cup Razzleberry Applesauce Cup	 ACT 80 DAY
Nov 16-20	BBQ Pulled Pork Sandwich Seasoned Green Beans Fresh Broccoli w/Ranch Peach Applesauce Cup Craisins	Breakfast 4 Lunch French Toast Sticks Hash Brown Rounds Sausage Patty & Syrup 100% Veggie Juice Sparkling Diced Pears Fresh Red/Gold Apples	Orange Chicken w/Steamed Rice Steamed Broccoli Pepper Strips w/Ranch Pineapple Chunks Apple Slices	Chicken Tenders w/Garlic Knot Sweet Potato Tots Sliced Cucumbers w/Ranch Diced Peaches Fresh Banana	HOLIDAY MEAL Roast Turkey w/Gravy Dinner Roll Mashed Potatoes & Stuffing Side Salad Cups w/Dressing Cinnamon Applesauce Cup Dessert: Pumpkin Cobbler
Nov 23-27	Meatball Parmesan Bowl w/Italian Dunker Breadsticks Seasoned Green Beans Cucumber Slices w/Ranch Diced Peaches Fresh Red/Gold Apples	Grilled Cheese w/Tomato Soup Potato Wedges 100% Veggie Juice Mixed Berry Applesauce Cup Mandarin Oranges	2HR Early Dismissal Mac & Cheese w/Dinner Roll Steamed Broccoli Celery Sticks w/Ranch Mixed Fruit Cup w/Whip Craisins		
Nov 30		Breakfast 4 Lunch Pancakes w/butter & syrup Baby Cakes & Sausage Patty 100% Veggie Juice Sparkling Diced Pears Fresh Red/Gold Apples	Buffalo Chicken Dip w/Tostitos Chips & Breadstick Steamed Veg Medley Celery Sticks w/Ranch Cinnamon Applesauce Cup Diced Pears	Chicken Drumstick w/Fresh Biscuit Au Gratin Potatoes Baby Carrots w/Ranch Mixed Fruit Cup w/Whip Fresh Banana	Bacon Cheeseburger Onion Rings Side Salad Cups w/Dressing Fresh Orange Wedges Razzleberry Applesauce
Dec 1-4	Scottie Pizza Cheese/Pepperoni Stuffed Crust Bosco Breadsticks Max Pizza Stix French Bread Buffalo Chicken Fiesta Pizza White Pizza		Daily Grill Cheeseburgers Rich-fil-a Chicken Chicken Patty (Plain/Spicy) Turkeyburger w/Cheese Nachos w/Cheese <u>Weekly Basket Combos</u>		

All menu items are subject to change.

Department Contacts

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Follow us: Southmoreland Food Service Facebook page.

This institution is an equal opportunity provider.