

November 2026-Fridley High School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Main: Hamburger or Cheeseburger on Bun Baked Beans Assorted Fruit & Veg Growler Grill: Cheese or Pepperoni Pizza Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Italian Sub, Parmesan Garlic Chicken Wrap</p>	<p>3</p> <p>No School</p>	<p>4</p> <p>Main: Enchilada Bake Tostito Chips Elote Corn Assorted Fruit & Veg Growler Grill: Dumplings & Fried Rice Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Chipotle Sub, Asian Salad</p>	<p>5</p> <p>Main: Mac N Cheese Chicken Nuggets Roasted Broccoli Assorted Fruit & Veg Growler Grill: Hamburger or Cheeseburger on Bun Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Teriyaki Chicken Sub, Sante Fe Salad</p>	<p>6</p> <p>Main: Honey Sriracha Chicken, Brown Rice Sweet Chili Doritos Delicata Squash Assorted Fruit & Veg Growler Grill: Cooks Choice Grains & Greens: Fruit & Yogurt Parfait , PBJ, Turkey Pesto Sub, Mexican Wrap</p>
<p>9</p> <p>Main: Beef Sambusa Breadstick Tumeric Rice Three Sisters Salad Assorted Fruit & Veg Growler Grill: Hamburger or Cheeseburger on Bun Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Italian Sub, Parmesan Garlic Chicken Wrap</p>	<p>10</p> <p>Main: Chicken Wrap Parmesan Potatoes Assorted Fruit & Veg Growler Grill: Regular or Spicy Chicken Patty on Bun Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Taco Salad, Honey Mustard Ham Sub</p>	<p>11</p> <p>Main: Walking Beef Taco Nacho Chips Mexican Beans Fajita Vegetables Growler Grill: Pizza Crunchers Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Chipotle Sub, Asian Salad</p>	<p>12</p> <p>Main: Chicken Wings Pretzels & Queso Buffalo Roasted Cauliflower Assorted Fruit & Veg Growler Grill: Cheese or Pepperoni Pizza Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Teriyaki Chicken Sub, Sante Fe Salad</p>	<p>13</p> <p>No School</p>
<p>16</p> <p>Main: Orange Chicken Rice & Sweet Chili Doritos Sesame Green Beans Assorted Fruit & Veg Growler Grill: Hamburger or Cheeseburger on Bun Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Italian Sub, Parmesan Garlic Chicken Wrap</p>	<p>17</p> <p>Main: Mexican Chicken Bowl, Brown Rice, Tostitos, Ranchero Pinto Beans Assorted Fruit & Veg Growler Grill: Regular or Spicy Chicken Patty on Bun Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Taco Salad, Honey Mustard Ham Sub</p>	<p>18</p> <p>Main: Oven Roasted Chicken Drumstick Dutch Waffle Assorted Fruit & Veg Growler Grill: Chicken Tinga w/Rice & Doritos Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Chipotle Sub, Asian Salad</p>	<p>19</p> <p>Main: Turkey Chili, Fritos Honey Roasted Carrots Assorted Fruit & Veg Growler Grill: Cheese or Pepperoni Pizza Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Teriyaki Chicken Sub, Sante Fe Salad</p>	<p>20</p> <p>Main: Cheese & Pepperoni Pizza Corn Assorted Fruit & Veg Growler Grill: Cooks Choice Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Turkey Pesto Sub, Mexican Wrap</p>

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<p>23</p> <p>Main: Chicken Patty on Bun Roasted Parmesan Potato Assorted Fruit & Veg Growler Grill: Hamburger or Cheeseburger on Bun Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Italian Sub, Parmesan Garlic Chicken Wrap</p>	<p>24</p> <p>Main: French Bread Pizza Marinara Sauce Assorted Fruit & Veg Growler Grill: Cooks Choice Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Taco Salad, Honey Mustard Ham Sub</p>	<p>25</p> <p>No School</p>	<p>26</p> <p>No School</p>	<p>27</p> <p>No School</p>
<p>30</p> <p>Main: General Tso Chicken Brown Rice Sweet Chili Chips Roasted Chili Edamame Assorted Fruit & Veg Growler Grill: Hamburger or Cheeseburger on Bun Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Italian Sub, Parmesan Garlic Chicken Wrap</p>	<p>1</p> <p>Main: Kick N Chicken Mashed Potatoes, Gravy Corn, Biscuit Assorted Fruit & Veg Growler Grill: Regular or Spicy Chicken Patty on Bun Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Taco Salad, Honey Mustard Ham Sub</p>	<p>2</p> <p>Main: Mongolian Beef Brown Rice & Egg Roll Sesame Green Beans Assorted Fruit & Veg Growler Grill: Hot Dog on Bun with Pringles Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Chipotle Sub, Asian Salad</p>	<p>3</p> <p>Main: Chicken Alfredo Penne Pasta Garlic Breadstick Spinach Salad Assorted Fruit & Veg Growler Grill: Cheese or Pepperoni Pizza Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Santa Fe Salad, Teriyaki Chicken Sub</p>	<p>4</p> <p>Main: Homemade Pizza Lettuce Salad Assorted Fruit & Veg Growler Grill: Cooks Choice Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Turkey Pesto Sub, Mexican Wrap</p>

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