HIGH SCHOOL — NOVEMBER

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Entrée	Breakfast Entrée	Breakfast Entrée	Breakfast Entrée	Breakfast Entrée
Assorted Breakfast Items	Stuffed Potato Hashbrowns (1) (with egg & Cheese)	Assorted Bread Slice: Banana, Pumpkin, Chocolate, Blueberry	Mango Pineapple Smoothie (1) w/ Mini Loaf or Nutrigrain Bar (1)	Breakfast Pizza Bagel

Choose 2 Daily Breakfast Alternatives
Mini Loaves or Nutrigrain, Cheese Stick, WG crackers

Choose 1: Poptart (limit 1), Assorted Donuts (1), Yogurt (limit 1), Assorted Cereal (2oz -1)

Daily Breakfast consist of 1 Main Entrée with fruit and or juice and milk OR Daily Breakfast Alternative "Choose 2" WITH 1/2 C fruit and/or juice and milk to make a complete meal

MAIN ENTRÉE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/2/2026	11/3/2026	11/4/2026	11/5/2026	11/6/2026
	Mini Corn Dog Nuggets (6) w/ WG Roll OR Daily alternative Vegetable of the day Baked Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	Turkey & Swiss on the Grill on Texas Toast HOT OFF THE GRILL! OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choice Assorted Fruit Choice of Milk	General Tso Chicken w/ Fried Rice OR Daily alternative Vegetable of the day Oriental Veggies Fresh Vegetable Choice Assorted Fruit Choice of Milk	Assorted Pizza Option OR Daily alternative Vegetable of the day Assorted Veggie Tray Fresh Vegetable Choice Assorted Fruit Choice of Milk
11/9/2026	11/10/2026	11/11/2026	11/12/2026	11/13/2026
	Pizza Crunchers (4) w/ Marinara OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	Rams Rack Closed All Day Pizza Rolls (2) w/ Marinara VETS EVENT OR Daily alternative Vegetable of the day Potato Squares Fresh Vegetable Choice Assorted Fruit Choice of Milk	Nachos Grande W/ Chicken, Cheese Sauce, Sr Cream & Salsa OR Daily alternative Vegetable of the day Black Bean & Corn Salad Fresh Vegetable Choice Assorted Fruit Choice of Milk	House Made Chili w/ Corn Bread (Cheddar & Sour Cream) OR Daily alternative Vegetable of the day Assorted Veggie Tray Fresh Vegetable Choice Assorted Fruit Choice of Milk
11/16/2026	11/17/2026	11/18/2026	11/19/2026	11/20/2026
House Made Mac & Cheese OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Chicken Tenders (3) w/ WG Roll OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Three Cheese Flatbread Cheddar, Mozzarella, Parm Romano OR Daily alternative Vegetable of the day Parmesean Tomatoes Fresh Vegetable Choices Assorted Fruit Choice of Milk	Turkey Feast Turkey & Stuffing OR Daily alternative Vegetable of the day Mashed Potato & Gravy w/ Corn Pumpkin Crisp Assorted Fruit Choice of Milk	Twisted Pretzel w/ Jalapeno Queso OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk
11/23/2026	11/24/2026	11/25/2026	11/26/2026	11/27/2026
Pasta w/ Meatsauce & WG Breadstick OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Highlands Hoagie on WG Bun OR Daily alternative Vegetable of the day Carrot Sticks w/ Ranch Fresh Vegetable Choices Assorted Fruit Choice of Milk			
11/30/2026	12/1/2026	12/2/2026	12/3/2026	12/4/2026
	Breaded Drumstick on WG Bun OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Cheesy Pretzel Bun w/ Cheddar & Mozzarella OR Daily alternative Vegetable of the day Baked Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Fajita Chicken w/ Cheddar Cheese OR Daily alternative Vegetable of the day Steamed Corn Fresh Vegetable Choices Assorted Fruit Choice of Milk	House Made Chili w/ Corn Bread (Cheddar & Sour Cream) OR Daily alternative Vegetable of the day Assorted Veggie Tray Fresh Vegetable Choice Assorted Fruit Choice of Milk

What is a Meal?
Students must choose at least 3/5 components available. A minimum of 1/2 cup serving of fruit AND/OR a minimum of 1/2 cup of vegetable must accompany a reimbursable lunch.

Meat or Meat alternative
Grain/Bread
Choice of Vegetable
Choice of Fruit
Choice of Milk: 1% white, FF white, FF chocolate, FF vanilla

**STUDENTS MAY TAKE UP TO 1 CUP FRUIT AND 1 CUP VEGETABLE BUT MUST CHOOSE MINIMALLY 1/2 CUP OF FRUIT OR VEGETABLE

Weekly Vegetable Subgroups May Include:
Dark Green: Spinach, broccoli, romaine, and spring salad
Red/Orange: Carrots, Sweet Potatoes, tomatoes and red peppers
Legumes: Beans
Starchy: Potatoes, corn, peas, lima beans
Other Vegetables: Celery, Cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

WEEKLY SPECIALTY PIZZA BAR
WEEK 1 FRENCH BREAD PIZZA
WEEK 2 STUFFED CRUST PIZZA
WEEK 3 BUFFALO CHICKEN PIZZA
WEEK 4 MEATLOVERS PIZZA
WEEK 5 GALAXY PERSONAL PIZZA

DAILY PIZZA - PEPPERONI OR CHEESE

Adult Pricing:
$5.05- Lunch
$3.05 -Breakfast
Students:
LUNCH- FREE
BREAKFAST- FREE

POSITION AVAILABLE AT HS- 8:15-1:15PM MONDAY-FRIDAY
CURRENTLY AVAILABLE! SEE WEBSITE OR CONTACT THE FOOD SERVICE DEPARTMENT FOR DETAILS
SEE WEBSITE FOR DETAILS

ALA CARTE PRICE FOR MILK $.65 (A STUDENT CAN TAKE A MILK FOR FREE IF ACCOMPANIED BY 2 OTHER COMPONENTS AND 1 BEING AT LEAST A 1/2 C FRUIT OR VEGETABLE)

Food Service Director: swaffensmith@goldenrams.com

RAMS RACK DAILY ALTERNATIVES

MONDAY, WED, FRIDAY: CHICKEN PATTY ON WG BUN
AVAILABLE EVERY DAY: VEGGIE OR CHICKEN SALAD & CARAMEL APPLE BLISS PARFAIT
TUESDAYS & THURSDAYS: SPICY CHICKEN ON WG BUN
PEANUT BUTTER & JELLY OPTION W/ CHEESE STICK & CRACKERS

This institiution is an equal opportunity provider and employer

Menu subject to change- Supply Chain issues are still fluid and unstable. Last minute changes could be necessary until further notice.