



**High School Grades 9-12 Lunch Menu
November/December 2017**

	Monday 11/27	Tuesday 11/28	Wednesday 11/29	Thursday 11/30	Friday 12/1
Entrée – choose 1	**Veggie Burger (40g) or Hamburger on Bun (25g) *Beef Enchilada Dip with Tortilla Chips (34g) & Cornbread (29g) *Buffalo Chicken Pizza (36g)	**Cheese & Bean Enchilada (42g) **Macaroni-n-Cheese (25g) & Cornbread (29g) *BBQ Chicken on Bun (34g)	* Philly Steak & Cheese Sub (33g) *Pepperoni Pizza (35g) *Turkey Sausage & French Toast Sticks (58g)	*Nacho Burger on Bun (26g) *Turkey Divan (33g) & Breadstick (17g) *Chicken Patty on Bun (34g)	*Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Chili with Tortilla Chips (44g) & Cornbread (29g)
	COLD ENTREES *Italian Sub (30g) *Turkey & Cheese Wrap (36g)	COLD ENTREES *Turkey Ham & Cheese Wrap (35g) *Pasta Salad (60g) & Cornbread (29g)	COLD ENTREES *Regular (42g) or Spicy Chicken Wrap (44g) **Yogurt Parfait (72-91g) & Muffin (26-28g)	COLD ENTREES **Vegetarian Sub (40g) *Crispy Chicken Salad (27g) & Muffin (26-28g)	COLD ENTREES *Turkey Ham & Cheese Sub (31g) *Chef Salad (25g) & Cornbread (29g)
Choose 1 or more	*Collard Greens (4g) **Black Beans (22g)	*Potato of Choice (14-37g) *Green Beans (5g)	*Corn (17g) *Hot Apple Slices (20g)	*Potato of Choice (14-37g) *California Mixed Vegetables – broccoli, carrots, & cauliflower (3g)	*Steamed Broccoli (2g)

WEEK 3

	Monday 12/4	Tuesday 12/5	Wednesday 12/6	Thursday 12/7	Friday 12/8
Entrée – choose 1	*Taco Salad with Tortilla Chips (24g) & Cornbread (29g) *Meatball Sub (39g) *Pepperoni Pizza (35g)	*Chicken Nuggets (15g) & Breadstick (17g) *BBQ Beef Rib Panini (42g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (58g)	*Cheeseburger on Bun (26g) **Cheese Pizza (36g) *Chicken Fajita (39g)	**Cheese & Bean Enchilada (42g) *Buffalo Chicken Drumstick & Waffles (36g) *Spaghetti with Meat Sauce (34g) & Breadstick (17g)	*Hamburger on Bun (25g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Chicken a la King over Rice (33g) & Breadstick (17g)
	COLD ENTREES *Italian Sub (30g) **Vegetarian Salad (22g) & Cornbread (29g)	COLD ENTREES **Vegetarian Sub (40g) *Cobb Salad (20g) & Breadstick (17g)	COLD ENTREES *Chicken Salad Wrap (39g) **Yogurt Parfait (72-91g) & Muffin (26-28g)	COLD ENTREES *Turkey & Cheese Sub (29g) *Italian Salad (10g) & Breadstick (17g)	COLD ENTREES *Turkey Ham & Cheese Wrap (35g) *Crispy Chicken Salad (27g) & Breadstick (17g)
Choose 1 or more	*Corn (17g) **Black Beans (22g)	*Potato of Choice (14-37g) *Green Beans (5g)	*Steamed Cabbage (3g)	*Steamed Broccoli (2g)	*Italian Mixed Vegetables – zucchini, carrot, cauliflower, Italian green beans & lima beans (5g)

WEEK 4

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. **Meatless food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 11/10/2017



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November/December 2017**

	Monday 12/11	Tuesday 12/12	Wednesday 12/13	Thursday 12/14	Friday 12/15
Entrée – choose 1	*Chicken Patty on Bun (34g) *Turkey Sausage Pizza (36g) *Sloppy Joe on Bun (36g)	*Philly Steak & Cheese Sub (33g) *Buffalo Chicken Grab Wraps (40g) *Lasagna (34g) & Breadstick (17g)	*Chicken Enchilada Dip with Tortilla Chips (31g) & Cornbread (29g) *Pepperoni Pizza (35g) *Chili Cheese Coney (31g)	*Hot Italian Sub (30g) *Cheesy Chicken Crunch Wrap (56g) **Veggie Burger (40g) or Cheeseburger on Bun (27g)	*Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Turkey & Cheese Melt (31g)
	COLD ENTREES **Vegetarian Sub (40g) *Chef Salad (25g) & Muffin (26-28g)	COLD ENTREES *Turkey & Cheese Sub (29g) **Vegetarian Salad (22g) & Breadstick (17g)	COLD ENTREES *Turkey Ham & Cheese Sub (31g) **Yogurt Parfait (72-91g) & Muffin (26-28g)	COLD ENTREES *Italian Sub (30g) *Pasta Salad (60g) & Breadstick (17g)	COLD ENTREES *Regular (42g) or Spicy Chicken Wrap (44g) *Cobb Salad (20g) & Cornbread (29g)
Choose 1 or more	*Collard Greens (4g)	*Steamed Broccoli (2g) **Garbanzo Beans (20g)	*Corn (17g) *Hot Apple Slices (20g)	*Potato of Choice (14-37g) *California Mixed Vegetables – broccoli, carrots, & cauliflower (3g)	**Baked Beans (28g)

WEEK 1

	Monday 12/18	Tuesday 12/19	Wednesday 12/20	Thursday 12/21	Friday 12/22
Entrée – choose 1	*Chicken Drumstick & Waffle (37g) *Turkey Sausage & Pepperoni Pizza (36g) *Fiesta Nachos (36g)	*Turkey Steak (0g) & Dinner Roll (15g) *Cheese and Chicken Burrito (54g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (58g)	*Spicy Chicken Patty on Bun (34g) *Pepperoni Pizza (35g) *Taco Salad with Tortilla Chips (24g) & Cornbread (29g)	*Ohio Day Pizza Burger on Bun (29g) *Orange Chicken over Rice (77g) **Toasted Cheese Sandwich (32g)	*Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Turkey Corn Dog (30g)
	COLD ENTREES *Turkey Ham & Cheese Sub (31g) **Vegetarian Salad (22g) & Muffin (26-28g)	COLD ENTREES *Chicken Salad Wrap (39g) *Cobb Salad (20g) & Dinner Roll (15g)	COLD ENTREES *Turkey & Cheese Sub (29g) **Yogurt Parfait (72-91g) & Muffin (26-28g)	COLD ENTREES **Vegetarian Sub (40g) *Italian Salad (10g) & Breadstick (17g)	COLD ENTREES *Turkey Ham & Cheese Wrap (35g) *Chef Salad (25g) & Breadstick (17g)
Choose 1 or more	*Green Beans (5g) **Black Beans (22g)	*Mashed Potatoes with Gravy (23g) *Brussels Sprouts (7g)	*Corn (17g)	*Potato of Choice (14-37g) *Steamed Broccoli (2g)	*Mixed Vegetables – corn, peas, carrots, green beans, & lima beans (9g) *Hot Peach Slices (28g)

WEEK 2



WINTER BREAK – DECEMBER 25th to JANUARY 5th



A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. **Meatless food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 11/10/2017