

# NOVEMBER 2017

## High School Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### DID YOU KNOW?

American football is the main sport watched in the United States during this month.

**Lunch Entrée'-Choose one- 1**  
 Chicken Fajita Rice Bowl / Honey Wheat Roll  
 BBQ Sandwich  
 Pizza Variety  
**Sides-Choose one or more-**  
 Steamed Broccoli  
 Green Beans  
 Sunbelievable Ice  
 Fruit / Juice Variety

**Lunch Entrée'-Choose one- 2**  
 Boneless Chicken Bites  
 Philly Cheese Steak Hoagie  
 Pizza Variety  
**Sides-Choose one or more-**  
 Steamed Broccoli  
 Carrots w/Dip  
 Fruit / Juice Variety  
 Cookie

**Lunch Entrée'-Choose one- 3**  
 Fish Bites/ Mac&Cheese  
 Cheeseburger  
 Pizza Variety  
**Sides-Choose one or more-**  
 Cole Slaw  
 Baked Beans  
 Fruit / Juice Variety  
 Cookie

**Lunch Entrée'-Choose one- 6**  
 Popcorn Smackers  
 Fajita Chicken Flatbread  
 Pizza Variety  
**Sides-Choose one or more-**  
 Roasted Sweet Potato Bites  
 Green Beans  
 Fruit / Juice Variety  
 Cookie

**Lunch Entrée'-Choose one- 7**  
 Spicy Sichuan Chicken  
 Fried Rice  
 Cougar Burger on Bun  
 Pizza Variety  
**Sides-Choose one or more-**  
 Seasoned Peas  
 Veggie Cup w/ Dip  
 Fruit / Juice

**Lunch Entrée'-Choose one- 8**  
 Taco Salad  
 Corn Dog  
 Pizza Variety  
**Sides-Choose one or more-**  
 Seasoned Corn  
 Cucumber & Tomato Salad  
 Fruit / Juice Variety

**Lunch Entrée'-Choose one- 9**  
 Chicken Alfredo / Garlic Toast  
 BBQ Sandwich  
 Pizza Variety  
**Sides-Choose one or more-**  
 Carrots w/ Dip  
 Steamed Broccoli  
 Fruit / Juice Variety

**Lunch Entrée'-Choose one- 10**  
 Catfish Strips / Roll  
 Buffalo Chicken Flatbread  
 Pizza Variety  
**Sides-Choose one or more-**  
 Baked Beans  
 Cole Slaw  
 Fruit / Juice Variety

**Lunch Entrée'-Choose one- 13**  
 Nachos w/Beef  
 Philly Cheese Steak Flatbread  
 Pizza Variety  
**Sides-Choose one or more-**  
 Fiesta Pintos  
 Steamed Broccoli  
 Fruit / Juice Variety

**Lunch Entrée'-Choose one- 14**  
 Boneless Chicken Bites  
 Hot Dog on Bun  
 Pizza Variety  
**Sides-Choose one or more-**  
 Breaded Okra  
 Carrots w/ Dip  
 Fruit / Juice Variety  
 Cookie

**Lunch Entrée'-Choose one- 15**  
 Teriyaki Beef Dippers  
 Honey Wheat Roll  
 Chick Fillet  
 Pizza Variety  
**Sides-Choose one or more-**  
 Garden Salad  
 Seasoned Corn  
 Fruit / Juice Variety

**Lunch Entrée'-Choose one- 16**  
 Turkey / Combread Stuffing  
 Gravy / Cranberry Sce. / Roll  
 Deli Sandwich  
 Pizza Variety  
**Sides-Choose one or more-**  
 Green Beans  
 Candied Yams  
 Fruit Salad / Juice Variety

**Lunch Entrée'-Choose one- 17**  
 Chicken Fajitas  
 Cougar Burger on Bun  
 Pizza Variety  
**Sides-Choose one or more-**  
 Veggie Cup  
 Seasoned Peas  
 Fruit / Juice Variety

Fall Break 20

Fall Break 21

Fall Break 22

Fall Break 23

Fall Break 24

**Lunch Entrée'-Choose one- 27**  
 Hot Dog  
 Buffalo Chicken Flatbread  
 Pizza Variety  
**Sides-Choose one or more-**  
 Breaded Okra  
 Cucumber/Tomato Salad  
 Fruit / Juice Variety

**Lunch Entrée'-Choose one- 28**  
 Teriyaki Beef Dippers  
 Honey Wheat Roll  
 Chicken Fillet  
 Pizza Variety  
**Sides-Choose one or more-**  
 Mashed Potatoes / Gravy  
 Garden Salad  
 Fruit / Juice Variety

**Lunch Entrée'-Choose one- 29**  
 Chicken Fajita Rice Bowl / Roll  
 BBQ Sandwich  
 Pizza Variety  
**Sides-Choose one or more-**  
 Green Beans  
 Sunbelievable Ice  
 Fruit / Juice Variety

**Entrée'-Choose Lunch one- 30**  
 Boneless Chicken Bites  
 Philly Cheese Steak Hoagie  
 Pizza Variety  
**Sides-Choose one or more-**  
 Steamed Broccoli  
 Carrots w/Dip  
 Fruit / Juice Variety  
 Cookie

**Meal Time Message**  
**MEALTIME MESSAGE**  
**Assorted Juice and Milk choices available daily for Breakfast and lunch: 1% White, Fat Free Chocolate or Strawberry**

**\*\*Offered For Lunch Daily Based on Availability: PBJ Sandwich or Yogurt Parfait with Granola or Chef Salad Meal\*\***

**School News**  
**Monthly Birthday Celebration for November Birthdays will be on Friday, November 17, 2017**

**Menu items subject to change based on availability**

**This Institution is an equal opportunity provider.**

