

November 2017

Fayetteville High School



A complete lunch MUST consist of at least 3 separate items offered that day, from at least 3 of the 5 food components. One of which MUST be fruit or veggie.
**** Other A La Carte items offered daily ****



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. ** USDA is an equal opportunity employer & provider **
**** Manager Reserves the right to substitute due to food availability ****

Monday

Tuesday

Wednesday

Thursday

Friday



Frito Taco Salad
 Or
 Chicken Sandwich
 Mexican Corn
 Spicy pintos
 SideKick Fruit Slush
 Fresh Fruit **1**

Pizza Hut Sausage or Chz Pizza
 Or
 Rotini w/chzy bread
 Side Salad
 Corn on the Cob
 Tater Wedges
 Orange **2**

Pulled Pork BBQ Sandwich
 Or
 Sliced Philly Beef Sub
 Mozz Cheese Stick
 French Fries
 Sliced Cucumbers
 Coleslaw
 Apple **3**

Cheeseburger
 Or
 Popcorn Chicken
 Side Salad
 Green Beans
 Sweet Buttered Corn
 Mixed Fruit **6**

Pizza Hut Pepperoni Pizza
 Or
 Beef, Bean & Chz Burrito
 Steamed Broccoli w/chz
 Baked Beans
 Veggie Tray
 Apple **7**

Meatball Sub
 Or
 Cheese Quesadilla
 Pinto Beans
 Italian Veggies
 French Fries
 Oranges **8**

Pizza Hut Sausage or Chz Pizza
 Or
 Pulled Pork BBQ w/roll
 Baked Potato w/trimmings
 Buttered Squash
 Pineapple **9**

Chicken & Waffles
 Or
 Pancake Sausage Stick
 Tator Tots
 Tomato Wedges
 Yogurt
 Fresh Melon **10**

Salisbury Steak w/Gravy
 Or
 Chicken Drumstick
 Cornbread
 Pinto Beans
 California Veggies
 Rosy Pears **13**

Pizza Hut Pepperoni Pizza
 Or
 Mini Corn Dogs
 Potato Wedges
 Side Salad
 Veggie Tray
 SideKick Fruit Slush
 Fresh Fruit **14**

Chili con Carne
 Or
 Chicken Breast
 Crackers
 Baked Potato w/trimmings
 Peas & Carrots
 Apple
 Cinnamon Roll **15**

Thanksgiving Meal
 Turkey & Dressing
 With all the sides
 Or
 Pizza Hut Sausage or Chz Pizza
 With all available veggies **16**

Hamburger on Bun
 Or
 Hot Dog on Bun
 Lettuce & Tomato Tray
 Corn on the Cob
 French Fries
 Fresh Fruit **17**

Thanksgiving Holiday **20**

Thanksgiving Holiday **21**

Thanksgiving Holiday **22**

Thanksgiving Holiday **23**

Thanksgiving Holiday **24**

Cheesy Meatloaf
 Or
 Chicken Noodle Soup
 Roll or Crackers
 Steamed Broccoli
 Potato Wedges
 Strawberry Cups **27**

Pizza Hut Pepperoni Pizza
 Or
 Beef Fingers w/roll
 Mashed Potatoes
 Glazed Carrots
 Baked Beans
 Rainbow Applesauce **28**

Frito Taco Salad
 Or
 Chicken Sandwich
 Mexican Corn
 Spicy pintos
 SideKick Fruit Slush
 Fresh Fruit **29**

Pizza Hut Sausage or Chz Pizza
 Or
 Rotini w/chzy bread
 Side Salad
 Corn on the Cob
 Tater Wedges
 Orange **30**

