

# November Lunch




















































## Hamilton County Middle, High, and Combination Schools

*This menu is subject to change.*

*Additional items may be offered daily. Check with your school's cafeteria for changes to this menu and supplementary menu items.*

### Lunch Prices For Non CEP Schools:

Paid Student: \$3.00  
Reduced Student: \$0.40  
HCDE Employees: \$3.75

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30</p>  Country Fried Steak/Roll OR Corn dog Mashed Potatoes Seasoned Broccoli Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	<p>31</p>  Crispy Chicken Sandwich*  OR Hot Dog/Bun w/ Chili Curly Fries Coleslaw Choice of 1-2 Fruits † Choice of 1 Milk	<p>01</p>  Meatloaf OR  Chicken Nuggets Fresh Baked Biscuit Sweet Golden Corn Southern Green Beans Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	<p>02</p>  BBQ Rib Sandwich OR  Potato Crusted Fish/Roll Country White Beans Glazed Carrots Choice of 1-2 Fruits † Choice of 1 Milk Sugar-free gelatin 	<p>03</p>  Cheese Calzone OR  Pepperoni Calzone  OR Hamburger/Bun* Garden-Fresh Salad Straight Cut Fries Broccoli Dippers Choice of 1-2 Fruits † Choice of 1 Milk
<p>06</p>  BBQ Pulled Pork Sandwich OR Spanish Nachos Seasoned Pinto Beans Roasted Potatoes Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	<p>07</p>  Mini Chicken Sandwiches  OR Country Fried Steak/Roll Mashed Potatoes Sweet Golden Corn Choice of 1-2 Fruits † Choice of 1 Milk	<p>08</p>  Hamburger/Bun*  OR Chicken Teriyaki Brown Rice Veggie Egg Roll Sweet Potato Waffle Fries Broccoli Dippers Choice of 1-2 Fruits † Choice of 1 Milk	<p>09</p>  Thin Crust Cheese Pizza OR  Thin Crust Pepperoni Pizza  OR Hot Chicken Wings Buttered Breadstick Sweet Golden Corn Garden-Fresh Salad Choice of 1-2 Fruits † Choice of 1 Milk	<p>10</p>  Roasted Chicken & Waffles  OR Grilled Cheese Shoestring Fries Manager's Choice Vegetable Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk
<p>13</p>  Crispy Chicken Sandwich*  OR Hot Chicken Sandwich*  OR Breaded Mozzarella Sticks w/ Marinara Sauce Seasoned Broccoli Potato Wedges, Carrot Dippers Choice of 1 Fruit Choice of 1 Milk	<p>14</p>  Memphis Nachos OR  Popcorn Chicken/Roll Homestyle Baked Beans Curly Fries Choice of 1-2 Fruits † Choice of 1 Milk	<p>15</p>  Deep Dish Cheese Pizza OR  Deep Dish Pepperoni Pizza  OR Turkey & Gravy Cmbread Dressing, Roll Mashed Potatoes Southern Green Beans Broccoli Dippers Choice of 1-2 Fruits † Choice of 1 Milk Cookie 	<p>16</p>  Italian Beef Sandwich  OR Cheese Quesadilla Tater Tots Sweet Golden Corn Choice of 1-2 Fruits † Choice of 1 Milk	<p>17</p>  Honey Siracha Chicken Brown Rice OR  Thick Crust Cheese Pizza Sweet Potato Waffle Fries Garden-Fresh Salad Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk
<p>20</p>  BBQ Pulled Pork Sandwich  OR Mini Chicken Sandwiches Baked Potato Seasoned Pinto Beans Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	<p>21</p>  Potato Crusted Fish Sandwich  OR Chicken Parmesan Sandwich Seasoned Broccoli Roasted Potatoes Choice of 1-2 Fruits † Choice of 1 Milk	<h2>Thanksgiving Break! No School!</h2>		
<p>27</p>  Country Fried Steak/Roll OR Corn dog Mashed Potatoes Seasoned Broccoli Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	<p>28</p>  Potato Crusted Fish/Roll  OR Hot Dog/Bun w/ Chili Curly Fries Creamy Coleslaw Glazed Carrots Choice of 1-2 Fruits † Choice of 1 Milk	<p>29</p>  Chicken Nuggets/Roll  OR Meatloaf/Breadstick Sweet Golden Corn Southern Green Beans Broccoli Dippers Choice of 1-2 Fruits † Choice of 1 Milk	<p>30</p>  BBQ Rib Sandwich OR  Crispy Chicken Sandwich*  OR Hot Chicken Sandwich* Homestyle Baked Beans Tater Tots Choice of 1-2 Fruits † Choice of 1 Milk Sugar-free Gelatin 	<p>01</p>  Cheese Calzone OR  Pepperoni Calzone OR  Hamburger/Bun*  Garden-Fresh Salad Straight Cut Fries Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk

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

**Lunch Consists of 5 Meal Components:**  
 -Choice of up to 1 entrée choice (meat/meat alternate, grain may be included) -Choice of up to 1 grain choice (may in entrée)  
 -Choice of up to 2 vegetables\* -Choice of 1-2 fruits+ -Choice of up to 1 milk  
 - \* A lunch must include at least 1/2 cup of fruit or a vegetable and 2 other full meal components to avoid paying a la carte.  
 Students may choose 3 to 5 of the meal components for a complete meal.  
 † Middle school students receive a maximum of 1 fruit with their lunch.

**Other Daily Lunch Options**  
 -PBJ Sandwich  
 -Yogurt & Granola w/ String Cheese & Crackers  
 -Chef Salads (Variety)