

# High School

## November 12-16, 2018

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

### SIDES

**A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

### Homestyle Hearty Meals

*Just like Grandma used to make!*

*Try a traditional healthy meal!*

### FAVORITES

|                  |   |
|------------------|---|
| <b>MONDAY</b>    | Buffalo Chicken Sub                         |
| <b>TUESDAY</b>   | Award Winning Chili Fritos                  |
| <b>WEDNESDAY</b> | Pasta Bar - choose your pasta and toppings! |
| <b>THURSDAY</b>  | THANKSGIVING MEAL SEE CAFETERIA FOR MENU    |
| <b>FRIDAY</b>    | Zesty Italian Meatball Sub                  |

### Grab-n-Go Items!

*Craving a Burger or Creation*

*Don't Pass up this Station!*

### GRILL

|                  |   |
|------------------|---|
| <b>MONDAY</b>    | Juicy Hamburger, Savory Cheeseburger, Tyson's Crispy Chicken Sandwich, Hot Diggety Dog                |
| <b>TUESDAY</b>   | Juicy Hamburger, Savory Cheeseburger, Tyson's Crispy Chicken Sandwich, Spicy Burger                   |
| <b>WEDNESDAY</b> | Juicy Hamburger, Savory Cheeseburger, Tyson's Crispy Chicken Sandwich, Chicken Parmesan Sandwich      |
| <b>THURSDAY</b>  | THANKSGIVING MEAL   |
| <b>FRIDAY</b>    | Juicy Hamburger, Savory Cheeseburger, Tyson's Crispy Chicken Sandwich, Deluxe Grilled Cheese Sandwich |

### PIZZA

### Homemade Pizza

*Baked Fresh Daily!  
Just for you!*

|                  |                               |
|------------------|-------------------------------|
| <b>MONDAY</b>    | Cheese, Pepperoni, Supreme    |
| <b>TUESDAY</b>   | Cheese, Pepperoni, Sausage    |
| <b>WEDNESDAY</b> | Cheese, Pepperoni, Meatlovers |
| <b>THURSDAY</b>  | THANKSGIVING MEAL             |
| <b>FRIDAY</b>    | Cheese, Pepperoni, Supreme    |

### DELI

### Sandwiches, Wraps, Subs

*Made fresh daily!*

|                  |                                 |
|------------------|---------------------------------|
| <b>MONDAY</b>    | Deli Line, All American Sub     |
| <b>TUESDAY</b>   | Deli Line, Ham & Cheese Sub     |
| <b>WEDNESDAY</b> | Deli Line, Turkey & Cheese Wrap |
| <b>THURSDAY</b>  | THANKSGIVING MEAL               |
| <b>FRIDAY</b>    | Deli Line, All American Wrap    |

*This institution is an equal opportunity provider.*

Nutrition Information is available upon request.

CROSSROADS  
**CAFE**  
by *sodexo*

### Entree Salads

*Fresh Veggies & Yummy Protein*

*Pair to create this entree*

|                  |                               |
|------------------|-------------------------------|
| <b>MONDAY</b>    | Chef Supreme Salad            |
| <b>TUESDAY</b>   | Original Crispy Chicken Salad |
| <b>WEDNESDAY</b> | Chef Supreme Salad            |
| <b>THURSDAY</b>  | THANKSGIVING MEAL             |
| <b>FRIDAY</b>    | Chef Supreme Salad            |

**SALADS**

**CREATIONS**

**This Week's  
Feature:**

**CREATIONS**

Monday: LOADED Baked Potato Bar  
Don't miss out! Load up a hearty spud with yummy toppings!  
Tuesday: FIERY Fiesta Bar  
Looking to spice up lunch? Don't miss this zesty treat!  
Wednesday: ZESTY Asian Bar  
In the mood for a tasty meal? Check out this station!  
THANKSGIVING MEAL  
Friday: ZESTY Asian Bar  
In the mood for a tasty meal? Check out this station!



### Did you know?

Thanksgiving Day has been an annual holiday in the United States since 1863. Thanksgiving is a day traditionally celebrated by a meal consisting of Turkey, Dressing, Mashed Potatoes, Sweet Potatoes, Green Beans and many desserts. Enjoy this holiday and make sure to eat some of your favorite yummy treats!

JOIN US ON NOVEMBER 15th for a yummy THANKSGIVING LUNCH!

Nutrition Information is available upon request.

CROSSROADS  
**CAFE**  
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