

# November 2018 Middle School Menu



**EVERYDAY CHOICES**  
Specialty Sandwiches  
Variety Protein or Vegetarian  
Wraps & Sandwiches

**Daily Featured Salad Bar**  
*With Fresh Fruit and Vegetables*



**Everyday Choices**  
**PEPPERONI, CHEESE**  
Check out our daily specials  
For Specialty Pizzas



**Specialty sandwiches**  
Mondays- Chicken Parmesan  
Tuesdays- Buffalo Chicken Wrap  
Wednesdays- Cheesy Bacon Chicken  
Thursdays- Pulled Pork Sandwich  
Fridays- Max-Mex Burger  
Sandwich choices will change every other week



**EVERYDAY CHOICES**  
Flame Broiled Beef Patty,  
Chicken & Vegetarian Choices

**A MINIMUM OF 5 SIDES OFFERED DAILY WITH LUNCH CHOICES**  
Fresh Garden Salad Greens plus Fruits & Vegetables; Locally Grown Items are offered when seasonally available.  
Low Fat or Fat Free Flavored Milk and Lactaid Milk, located at each line, as well as mixed green salads.

			11/1 Cheese Ravioli With Breadstick Fresh Garden Salad Fresh Pear	11/2 Chicken Stuffer Bowl With Breadstick Glazed Carrots Fresh Apple
11/5 Creamy Mac and Cheese With Warm Breadstick Season Green Beans Fresh Apple	11/6 Election Day No School Today	11/7 Chicken Tenders With Rice Pilaf Roasted Butternut Squash Fresh Pear	11/8 Beef and Bean Nachos With Red Beans and Rice Corn and Bean Salad Fresh Pear	11/9 Turkey and Gravy Mashed Potatoes & Breadstick With Tomato and Cucumber Salad Fresh Apple
11/12 Holiday No School Today	11/13 Popcorn Chicken With Baked Fries & Roll Fresh Garden Salad Fresh Apple	11/14 Chicken Parmesan And Pasta With Steamed Broccoli Fresh Pear	11/15 French Toast Stick With Sausage Links Sweet Potato Fries Cinnamon Apples	11/16 American Chop Suey With Dinner Roll Green Beans Fresh Apple
11/19 Homemade Beef Chili With Nacho Chips Cole Slaw Fresh Pear	11/20 Beef & Cheese Nachos and Refried Beans With Golden Corn Fresh Apple	11/21 Chicken & Waffles With Sweet Potato Fries Fresh Orange Sections	Happy Thanksgiving Day	11/23 No School Today
11/26 Alfredo Broccoli Mac and Cheese With 3-Bean Salad Fresh Apple	11/27 Baked Shepherd's Pie With Warm Breadstick Apple Beet Salad Fresh Pear	11/28 Pasta & Meat Balls With Dinner Roll & Green Beans Fresh Orange	11/29 Spanish Style Pork With Rice & Beans Broccoli Fresh Orange	11/30 Chicken and Cheese Quesadilla With Fresh Carrot Stick and Baked Beans Fresh Apple