



High School Lunch Menu with Salad Bar

November 2 - 6

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in **green**, it's **local** and if you see it in **blue**, the meal has **international influence!** All of our chicken is antibiotic free (ABF)!

| Station | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|--|
|  Favorite Comfort Foods & International Flavors | Hot Meatball Sub w/Beef Meatballs on Whole Grain Roll | Ukranian Chicken w/ Whole Grain Garlic Bun | Barbecue Turkey on Whole Grain Bun | Italian Bagel | Teriyaki Chicken w/Ginger Lime Brown Rice |
|  All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts | Pizza Chef is Off Today! | Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian | Off Again Today! | And Yet Again! | Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Spicy Chicken |
|  Tasty Hand-Held Hot Sandwiches | Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread | Toasted Two Cheese Sandwich on Whole Grain Bread | Turkey Hot Dog on Whole Grain Bun w/ Toppings | Charbroiled Cheeseburger on Whole Grain Bun w/ Lettuce & Tomato Garnish | Spicy Chicken Sandwich on Whole Grain Bun |
|  Grab & Go Cold Sandwiches and Salads | Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun | Turkey Ham on Whole Grain Roll w/ Mustard | Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips | Homemade Chicken Salad on Whole Grain Bread | Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll |
|  Hot & Cold Sides Available at All Stations | Sweet Potato Mash Fresh Cucumber Tomato Salad Fresh Local Apple Assorted Fruit | Fresh Roma Roasted Local Red Potatoes Vegetarian Bean Dip w/Homemade Tortilla Chips Pineapple Cup Assorted Fruit | Glazed Carrots Fresh Broccoli w/ Light Dressing Fresh Orange Assorted Fruit | Southwest Pinto Beans Fresh Celery Sticks w/Light Dressing Fresh Banana Assorted Fruit | Roasted Broccoli Fresh Baby Carrots w/Light Dressing 100% Grape Juice Assorted Fruit |
|  Self-Serve Salad Bar Available Daily | <p>Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Caesar Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p> | | | | |

USDA is an equal opportunity provider and employer.



SIMPLY GOOD



High School Lunch Menu with Salad Bar

November 9 - 13

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—if you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

| Station | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|---|
|  Favorite Comfort Foods & International Flavors | Korean Bibimbap Chicken w/Ginger Lime Brown Rice | Whole Grain Spaghetti w/ Beef Meatballs | Veterans Day No School | Toasted Two Cheese Sandwich on Whole Grain Bread | Pescada a la Mexicana <i>(Mexican Style Baked Fish)</i> w/Spanish Brown Rice* |
|  All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts | Pizza Chef is Off Today! | Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian |  | And Yet Again! | Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Spicy Chicken |
|  Tasty Hand-Held Hot Sandwiches | Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread | Toasted Two Cheese Sandwich on Whole Grain Bread | | Santa Fe Burger on Whole Grain Bun | Spicy Chicken Sandwich on Whole Grain Bun |
|  Grab & Go Cold Sandwiches and Salads | Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun | Turkey Salami on Whole Grain Roll w/ Mustard | | Homemade Chicken Salad on Whole Grain Bread | Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll |
|  Hot & Cold Sides Available at All Stations | Glazed Carrots Fresh Celery Sticks w/Light Dressing Fresh Local Apple Assorted Fruit | Roasted Broccoli Fresh Baby Carrots w/Light Dressing Fresh Local Apple Assorted Fruit | | Baked Beans Fresh Homemade Confetti Cole Slaw Fresh Banana Assorted Fruit | Mexican Corn Fresh Baby Carrots w/ Light Dressing 100% Grape Juice Assorted Fruit |
|  Self-Serve Salad Bar Available Daily | <p>Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Chili Lime Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p> | | | | |

USDA is an equal opportunity provider and employer.



SIMPLY GOOD



High School Lunch Menu with Salad Bar

November 16 - 20

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence!

| Station | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|--|
|  Favorite Comfort Foods & International Flavors | Chicken Taco | Spicy Asian Chicken w/Brown rice | Whole Grain Rotini w/Turkey Meat Sauce | Vegetarian Stir Fry | Panes Rellenos (Salvadoran Chicken Torta) |
|  All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts | Pizza Chef is Off Today! | Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian | Pizza Chef is Off Today! | And Yet Again! | Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Spicy Chicken |
|  Tasty Hand-Held Hot Sandwiches | Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread | Toasted Two Cheese Sandwich on Whole Grain Bread | Turkey Hot Dog on Whole Grain Bun w/ Toppings | Pizza Burger on Whole Grain Bun | Spicy Chicken Sandwich on Whole Grain Bun |
|  Grab & Go Cold Sandwiches and Salads | Garden Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun | Turkey Salami on Whole Grain Roll w/ Mustard | Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips | Homemade Chicken Salad on Whole Grain Bread | Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll |
|  Hot & Cold Sides Available at All Stations | Local Country Collard Greens Fresh Baby Carrots w/Light Dressing Fresh Local Apple Assorted Fruit | Sweet Green Peas Fresh Broccoli w/Light Dressing Pineapple Cup Assorted Fruit | Green Beans Italiano Fresh Celery Sticks w/ Light Dressing Fresh Orange Assorted Fruit | Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Assorted Fruit | Seasoned Carrots Fresh Broccoli w/Light Dressing 100% Grape Juice Assorted Fruit |
|  Self-Serve Salad Bar Available Daily | <p>Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Buffalo Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p> | | | | |

USDA is an equal opportunity provider and employer.



SIMPLY GOOD



High School Lunch Menu with Salad Bar

November 23 - 27

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—if you see it in **green**, it's **local** and if you see it in **blue**, the meal has **international influence!** All of our chicken is antibiotic free (ABF)!

| Station | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|----------------------------|
|  Favorite Comfort Foods & International Flavors | Hot Turkey Meatball Sub on Whole Grain Bun | Sliced Turkey w/ Gravy Cornbread Stuffing Cranberry Sauce | Haitian Style Fish w/ Creole Rice and Beans* | Happy Thanksgiving! | Thanksgiving Friday |
|  All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts | Pizza Chef is Off Today! | Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian | Off Again Today! |  | No School |
|  Tasty Hand-Held Hot Sandwiches | Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread | Toasted Two Cheese Sandwich on Whole Grain Bread | Turkey Hot Dog on Whole Grain Bun w/Toppings | | |
|  Grab & Go Cold Sandwiches and Salads | Garden Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun | Turkey Salami on Whole Grain Roll w/ Mustard | Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips | | |
|  Hot & Cold Sides Available at All Stations | Vegetarian Bean Dip w/Homemade Tortilla Chips Homemade Confetti Coleslaw Fresh Local Apple Assorted Fruit | Mashed Potatoes w/ Gravy Fresh Celery w/ Light Dressing Pineapple Cup Assorted Fruit | Glazed Carrots Fresh Local Tuscan Kale Salad Fresh Orange Assorted Fruit | | |
|  Self-Serve Salad Bar Available Daily | <p>Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Diced Turkey Ham, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p> | | | | |

USDA is an equal opportunity provider and employer.