



High School Café Lunch Menu

November 2017

30

Spaghetti and Meatballs with Breadstick
Pizza: Spicy Chicken
Mexican: Beef Tacos or Chicken Nachos
Salad: All American Chef
Orange Glazed Carrots
Mashed Potatoes

31

Fish Sticks with Mac n Cheese
Pizza: Meatball
Mexican: Chicken Quesadilla or Nachos
Salad: Turkey Chef
Steamed Seasoned Spinach
Parmesan Potatoes

01

Oven Roasted Chicken Drumstick & Dinner Roll
Pizza: Buffalo Chicken
Mexican: Chicken & Bean Burrito or Nachos
Salad: Egg Caesar
Green Beans
Mashed Potatoes

02

Bean & Rice Tortilla Bowl & Dinner Roll
Pizza: Hawaiian
Mexican: Chicken Tacos or Nachos
Salad: Popcorn Chicken & Cheddar Cheese
Charro Pinto Beans
Garlic Mashed Potatoes

03

NO SCHOOL

06

Oven Roasted Chicken Drumstick & Dinner Roll
Pizza: Cheeseburger
Mexican: Chicken Fajita or Nachos
Salad: Chicken Popcorn
Seasoned Steamed Corn
Mashed Potatoes

07

Pasta Bolognese & Dinner Roll
Pizza: Spicy Chicken
Mexican: Bean & Chicken Burrito or Nachos
Salad: Italian Chef
Green Beans
Parmesan Potatoes

08

Broccoli Cheese Baked Potato & Dinner Roll
Pizza: Buffalo Chicken
Mexican: Chicken Tacos or Nachos
Salad: All American Chef
Orange Glazed Carrots

09

Sausage & Red Beans over Santé Fe Rice
Pizza: Hawaiian
Mexican: Chicken & Cheese Quesadilla or Nachos
Salad: Egg Chef
Steamed Spinach
Garlic Mashed Potatoes

10

Cajun Chili Fries Bowl & Dinner Roll
Pizza: Taco
Mexican: Chicken Tacos or Nachos
Salad: Popcorn Chicken Ranch
Steamed Corn
Seasoned Rice

13

Meatloaf with Rosemary Gravy & Dinner Roll
Pizza: Spicy Chicken
Mexican: Chicken Fajitas or Nachos
Salad: Fruit & Cheese
Seasoned Spinach
Mashed Potatoes

14

Chicken Mashed Potato Bowl & Pretzel
Pizza: Hawaiian
Mexican: Bean & Chicken Burrito/ Nachos
Salad: Tuna Salad
Roasted Cauliflower
Parmesan Potatoes

15

Cheesy Baked Penne & Breadstick
Pizza: Cheeseburger
Mexican: Chicken Tacos or Nachos
Salad: All American Cobb
Roasted Acorn Squash
Garlic Mashed Potatoes

16

Roasted Turkey and Stuffing with Gravy
Pizza: Roasted Vegetable
Mexican: Chicken Tacos or Nachos
Salad: Popcorn Chicken
Seasoned Green Beans
Mashed Potatoes

17

Korean Meatball Stew over Seasoned Rice
Pizza: BBQ Chicken
Mexican: Chicken Tacos or Nachos
Salad: All American Chef
Kickin Pinto Beans
Mashed Potatoes

20

Mozzarella Sticks & Marinara Sauce
Pizza: Chicken Pepperoni & Jalapeño
Mexican: Chicken Tacos or Nachos
Salad: Chicken Chef
Seasoned Corn
Garlic Mashed Potatoes

21

Chicken Pot Pie & Dinner Roll
Pizza: Hawaiian
Mexican: Lime Chipotle
Chicken Burrito or Nachos
Salad: All American Chef
Green Beans & Carrots
Mashed Potatoes

22

NO SCHOOL

23

NO SCHOOL

**HAPPY
THANKSGIVING**

24

NO SCHOOL

27

Salisbury Steak over Egg Noodles
Pizza: Cheesy White Sauce
Mexican: Chicken Quesadilla or Nachos
Salad: Chicken & Cheese
Green Beans
Mashed Potatoes

28

Country Chicken Nugget Bowl
Pizza: BBQ Chicken
Mexican: Chicken Fajitas or Nachos
Salad: All American Cobb
Green Beans & Carrots
Garlic Mashed Potatoes

29

Chili Mac & Breadstick
Pizza: Spicy Chicken Sausage
Mexican: Chicken Tacos or Nachos
Salad: Fresh Apple & Cheese Plate
Zucchini Squash
Mashed Potatoes

30

Tater Bite Chicken Nachos
Pizza: Cheesy White Sauce
Mexican: Chicken Quesadilla/Nachos
Campfire Chipotle Beans
Mashed Potatoes

01

Jambalaya over Seasoned Rice
Pizza: Mexican
Mexican: Fish Tacos or Chicken Nachos
Salad: Winter Fruit & Cheese
Fresh Steamed Broccoli
Mashed Potatoes

Daily Offerings...

Grill: Chicken Patty, Spicy Chicken Patty, Hamburgers, Cheeseburgers, Chicken Nuggets, Corn Dogs, Veggie Burgers

Pizza: Cheese, Pepperoni, Sausage

Fresh Fruit & Veggie Bar: Wide Variety of fresh fruit and veggies

Milk: Unflavored Skim Milk, 1% Unflavored Milk, Chocolate Skim Milk

DID YOU KNOW? Benjamin Franklin wanted the turkey to be the national bird, not the eagle.

Americans eat 46 million turkeys each Thanksgiving.

More Daily Offerings...

Build your own Deli Bar: Make your own sandwich, wrap or sub. Choose your meat and cheese and toppings.

Vegetarian? We have many vegetarian options every day in every station. Simply let the server know.