# School District of Beloit Intermediate Lunch November 2019 refresh. refuel. relax.

Half Dav

Sack Lunches

#### Chipotle Lime Chicken Burrito

French Fries Grill: Regular or Spicy Chicken Patty, Fish Sandwich

Made to Order: Taco/Nacho Bar Grab N Go: Build your Own Pizza Pack, Hard Cooked Egg with Cheese and Crackers, Deli Sub Fresh Fruits and Veggies

#### Salisbury steak with Brown Gravy **Mashed Potatoes**

Grill: Regular and Spicy Chicken Patty, Fish Sandwich

Made to Order: Taco/Nacho bar Grab N Go: Chicken Caesar Salad with Breadstick; Ham and Cheese Cubes with Crackers Pack; Deli Sub Fresh Fruits and Veggies

#### Chicken Drumstick with **Biscuit Mashed Potatoes**

Grill: Spicy or Regular Chicken Patty, Fish Sandwich

Made to Order: Taco/Nacho bar Grab N Go: Popcorn Chicken salad, Muffin Pack, Deli Sub Fresh Fruits and Veggies

#### Fish Bites w/ Dinner Roll.

Mashed Potatoes Grill: Spicy or Regular Chicken Patty, Fish Sandwich Made to Order: Taco/Nacho Bar Grab N Go: Cheese and Apple salad, Bagel pack, Deli Sub Fresh Fruits and Veggies

#### Breakfast for Lunch: Biscuits and Gravy with Sausage

Tater Tots

Grill: Regular or Spicy Chicken Patty, Fish Sandwich, Hot Dog Made to Order: Burger Bar Grab N Go: Build your Own Pizza Pack, Hard Cooked Egg with Cheese and Crackers, Deli Sub Fresh Fruits and Veggies

#### Sweet and Sour Chicken, Rice; French Fries

Grill: Grill: Regular and Spicy Chicken Patty, Fish Sandwich Made to Order: Burger Bar

Grab N Go: Chicken Caesar Salad with Breadstick: Ham and Cheese Cubes with Crackers Pack: Deli Sub Fresh Fruits and Veggies

### Chicken parmesan with Pasta and Breadstick

Tater Tots Grill: Spicy or Regular Chicken Patty, Fish Sandwich Made to Order: Burger Bar Grab N Go: Popcorn Chicken Salad, Muffin Pack, Deli Sub

Fresh Fruits and Veggies

#### Cheese Ravioli with Marinara, **Breadstick**

French Fries Grill: Spicy or Regular Chicken Patty, Fish Sandwich Made to Order: Burger Bar Grab N Go: Cheese and Apple salad, Bagel pack, Deli Sub Fresh Fruits and Veggies

#### Early Release Day

Grill: Regular or Spicy Chicken Patty, Fish sandwich, Hot Dog Made to Order: Taco/Nacho Bar Grab N Go: Build your Own Pizza Pack, Hard Cooked Egg with Cheese and Crackers, Deli Sub Fresh Fruits and Veggies

13

#### Early release Day

Grill: Grill: Regular and Spicy Chicken Patty, Hot Dog, Fish Sandwich Made to Order: Taco/Nacho Bar Grab N Go: Chicken Caesar Salad with Breadstick: Ham and Cheese Cubes with Crackers Pack; Deli Sub Fresh Fruits and Veggies

20

#### **Early Release Day**

Grill: Spicy or Regular Chicken Patty, Fish sandwich

Grab N Go: Popcorn Chicken Salad, Muffin Pack, Deli Sub Fresh Fruits and Veggies

#### General Tso's Beef with Vegetables, Yellow Rice

French Fries

Grill: Regular or Spicy Chicken Patty, Fish Sandwich, Hot Dog Made to Order: Burger Bar Grab N Go: Build your Own Pizza Pack, Hard Cooked Egg with Cheese and Crackers, Deli Sub

Fresh Fruits and Veggies

14

#### Potato Crusted Fish, Bread Stick Tater Tots

Grill: Grill: Regular and Spicy Chicken Patty, Fish Sandwich

Made to Order: Burger Bar Grab N Go: Chicken Caesar Salad with Breadstick: Ham and Cheese Cubes with Crackers Pack: Deli Sub

Fresh Fruits and Veggies

## Vegetarian Fried Rice w/ Egg

Tater Tots

Grill: Chicken Patty, Spicy Chicken Patty, Hot Dog, Fish sandwich Made to Order: Burger Bar Grab N Go: Popcorn Chicken Salad Muffin Pack, Deli Sub Fresh Fruits and Veggies

#### Country Popcorn Chicken Bowl, Breadstick

Mashed Potatoes

Grill: Regular or Spicy Chicken Patty, Fish Sandwich, Burger Made to Order: Taco/Nacho Bar

Grab N Go: Build your Own Pizza Pack, Hard Cooked Egg with Cheese and Crackers, Deli Sub Fresh Fruits and Veggies

## 15 Huevos Rancheros Burrito, Chili

Spiced Flatbread

French Fries

Grill: Grill: Regular and Spicy Chicken Patty, Fish Sandwich

Made to Order: Taco/Nacho bar Grab N Go: Chicken Caesar Salad wit

Breadstick: Ham and Cheese Cubes with

Crackers Pack; Deli Sub Fresh Fruits and Veggies

#### Custom Pasta Bar with Breadstick

**Mashed Potatoes** Grill: Chicken Patty, Spicy Chicken patty, Burger

Made to Order: Taco/Nacho bar Grab N Go: Popcorn Chicken salad, Muffin Pack, Deli Sub Fresh Fruits and Veggies

Thanksgiving Break No School

## CHALLENGE YOURSELF:

KEEP ACTIVE

- + WALK MORE
  - + ALL DAY
- = A STRONG & FIT YOU

# Daily Offerings!

- Fruit & Vegetable Bar
- Cheese & Pepperoni Pizza
- Milk- Skim, Chocolate Skim, Unflavored Skim, Chocolate & Non-Lactose

