


# November 2022

## Middle School Lunch

MON	TUE	WED	THU	FRI	
	<b>1 Entrees</b> Nashville Hot Mega Minis with Texas Toast Grilled Cheese <b>V</b> <b>Sides (3-4)</b> Tossed Salad Roasted Sweet Potato Diced Pears Assorted Fresh Fruit <b>Grab N Go</b> Charbroiled Chicken Chef Salad	<b>2 Entrees</b> Breaded Chicken Sandwich Hamburger <b>Sides (3-4)</b> Celery & Carrot Sticks Whole Kernel Corn Fresh Banana Assorted Juice <b>Grab N Go</b> Yogurt and Fruit Plate	<b>3 Entrees</b> Bean & Cheese Burrito <b>V</b> Buffalo Chicken Dip With Tortilla Chips <b>Sides (3-4)</b> Mixed Green Salad Fiesta Black Beans Chilled Fruit Medley Applesauce <b>Grab N Go</b> Chicken Tender Chef Salad	<b>4 Entrees</b> Chicken Tenders/Roll Veggie Burger <b>v</b> <b>Sides (3-4)</b> Garden Salad Italian Green Beans Mandarin Oranges Assorted Fresh Fruit <b>Grab N Go</b> Fajita Chicken Chef Salad	
<b>7 Entrees</b> Stuffed Cheese Bites <b>V</b> Cheeseburger <b>Sides (3-4)</b> Coleslaw Baked Beans Diced Pears Seasonal Fresh Fruit <b>Grab N Go</b> Nut Butter & Jelly Plate <b>V</b>	8  <i>Independent Learning / Professional Development Day</i>	<b>9 Entrees</b> Wild Mike's Cheese Pizza <b>V</b> Wild Mike's Pepperoni Pizza Texas BBQ Sandwich <b>Sides (3-4)</b> Mixed Green Salad Roasted Carrots Chilled Pineapple Assorted Fresh Fruit <b>Grab N Go</b> Chicken Tender Chef Salad	<b>10 Entrees</b> BBQ Chicken/Roll Breaded Beef Steak/Gravy/Roll <b>Sides (3-4)</b> Creamy Mashed Potatoes Green Beans Cinnamon Applesauce Assorted Fresh Fruit <b>Grab N Go</b> Vegetarian Chef Salad	<b>11 Entrees</b> Mini Cheese Calzone with Italian Dipping Sauce Fish Filet Sandwich <b>Sides (3-4)</b> Power Kale Salad F2S Baked Sweet Potato Chilled Fruit Medley Seasonal Fresh Fruit <b>Grab N Go</b> Club Shaker Salad	
<b>14 Entrees</b> Personal Cheese Pizza <b>V</b> Batter Up Beef Frank <b>Sides (3-4)</b> French Fries Broccoli Chilled Peaches Assorted Juice <b>Grab N Go</b> Vegetarian Chef Salad <b>V</b>	<b>15 Entrees</b> Spicy Chicken Chunks with Texas Toast Grilled Cheese <b>V</b> <b>Sides (3-4)</b> Tossed Salad Roasted Sweet Potato Diced Pears Assorted Fresh Fruit <b>Grab N Go</b> Charbroiled Chicken Chef Salad	<b>16 Entrees</b> Buffalo Chicken Dip With Tortilla Chips Hamburger <b>Sides (3-4)</b> Celery & Carrot Sticks Whole Kernel Corn Chilled Fruit Medley Fresh Banana <b>Grab N Go</b> Yogurt and Fruit Plate	<b>17 Happy Thanksgiving!</b> <b>Entrees</b> Roast Turkey/Roll Holiday Ham (Pork)/Roll <b>Sides (2-3)</b> Sweet Potato Souffle Green Beans Diced Apricots Seasonal Fresh Fruit <b>Grab N Go:</b> Fruit & Yogurt Plate <b>V</b> Served With Cornbread Dressing Cranberry Sauce Pumpkin Spice Cookie	<b>18 Entrees</b> Chicken Tenders/Roll Veggie Burger <b>v</b> <b>Sides (3-4)</b> Garden Salad Italian Green Beans Mandarin Oranges Assorted Fresh Fruit <b>Grab N Go</b> Fajita Chicken Chef Salad  With: Frozen Fruit Slush	
<i>Thanksgiving Break November 21—25, 2022</i>				<i>School resumes November 28, 2022</i>	
<b>28 Entrees</b> Stuffed Cheese Bites <b>V</b> Cheeseburger <b>Sides (3-4)</b> Coleslaw Baked Beans Diced Pears Seasonal Fresh Fruit <b>Grab N Go</b> Nut Butter & Jelly Plate <b>V</b>	<b>29 Entrees</b> Beef & Cheese Nachos Cheese Nachos <b>V</b> Grilled Chicken Sandwich <b>Sides (3-4)</b> Shredded Lettuce & Tomato Mexicali Corn Mandarin Oranges Fresh Banana <b>Grab N Go</b> Fajita Chicken Chef Salad	<b>30 Entrees</b> Wild Mike's Cheese Pizza <b>V</b> Wild Mike's Pepperoni Pizza Texas BBQ Sandwich <b>Sides (3-4)</b> Mixed Green Salad Roasted Carrots Chilled Pineapple Assorted Fresh Fruit <b>Grab N Go</b> Chicken Tender Chef Salad	<b>1 Entrees</b> BBQ Chicken/Roll Turkey & Bacon Croissant <b>Sides (3-4)</b> Creamy Mashed Potatoes Green Beans Cinnamon Applesauce Assorted Fresh Fruit <b>Grab N Go</b> Vegetarian Chef Salad	<b>2 Friday! Friday!</b> <b>Entrees</b> Mini Cheese Calzone with Italian Dipping Sauce Fish Filet Sandwich <b>Sides (3-4)</b> Power Kale Salad Baked Sweet Potato Chilled Fruit Medley Seasonal Fresh Fruit <b>Grab N Go</b> Club Shaker Salad  With : Welch's Fruit Slushie	

This institution is an equal opportunity provider.  
Milk available with all meals.