



NOVEMBER 2017: J.H.S. & Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
CHICKEN DELIGHTS	BURGER BASH	CULINARY	NEW YORK	PIZZA PARTY
		1	New York Thursday 2	3
		Brunch Canadian Bacon, Egg & Cheese on a Bagel Mozzarella Sticks Marinara Sauce Home Fries Garlicky Green Beans Salad Bar Spinach & Cranberry Salad	Steamed Chicken Dumplings with Asian Dipping Sauce Vegetable Fried Brown Rice Egg Roll with Duck Sauce Salad Bar Asian Slaw Fresh New York Apples	Classic Cheese Pizza Pizza Supreme Sausage, Onions & Peppers Kid Friendly Kale Salad Salad Bar Fresh Marinated Vegetable Salad
6	Election Day 7	8	New York Thursday 9	10
Popcorn Chicken Dipping Sauce Cup Warm Dinner Roll Parmigiana Roasted Cauliflower Salad Bar Broccoli and Cranberry Salad	100% Beef Hamburgers & Cheeseburgers Turkey Burger Burgers served with Lettuce, Tomato & New York Onion Sweet Potato Waffle Fries Salad Bar Carrot & Lemon Salad	Bite Size Beef Tacos Seasoned Beef served with Diced Tomato, Lettuce Cheese & Taco Sauce Baked! Tostitos® Scoops® Brown Rice Teriyaki & Sriracha Chicken Sliders Sweet Plantains Seasoned Pinto Beans Salad Bar Fresh Cilantro Slaw	Classic Tuna on Ciabatta Bread Mozzarella Sticks Marinara Sauce New York Cookie Treat French Fries Salad Bar Kale Salad Fresh New York Apples	Classic Cheese Pizza Meat Lovers Pizza Bacon & Sausage Garlic Knot Green Garden Salad Salad Bar Italian Marinated Cucumber Salad
13	14	15	Half Day K-8 16	17
Crispy Chicken Waffle Sandwich served with syrup Garlic Toast Roasted Zucchini Salad Bar Italian Classico Salad	100% Beef Hamburgers & Cheeseburgers Turkey Burger Burgers served with Lettuce Tomato & New York Onion Frito-Lay® SunChips® Orange Glazed Carrots Salad Bar Caesar Salad	"Super Chef" Shepherd's Pie A Delicious Blend of Mashed Potatoes, Turkey, & Cheese Warm Dinner Roll Broccoli Trees Salad Bar Confetti Corn Salad	Jamaican Beef Patty Mozzarella Sticks Marinara Sauce New York Hot Pretzel "Party Fries" Salad Bar Celery & Apple Salad New York Apple Slices	Classic Cheese Pizza Bruschetta Pizza Fresh Tomatoes & Onions Chickpea Salad Hot Confetti Corn Salad Bar Roasted Broccoli & Cauliflower Salad
20	21	22	Thanksgiving Break 23	Thanksgiving Break 24
Popcorn Chicken Dipping Sauce Cup Mac-N-Cheese Sweet Potato Wedge Fries Brooklyn Baked Beans Salad Bar Green Garden Salad	100% Beef Pizza Burger Fish & Cheese Sandwich Burgers served with Lettuce, Tomato & New York Onion French Fries Salad Bar Greek Zucchini Salad	Holiday Meal Hot Sliced Turkey with Gravy Warm Corn Bread New York cookie Treat Mashed Potatoes Garlicky Green Beans Salad Bar Confetti Corn Salad	Steamed Chicken Dumplings with Asian Dipping Sauce Vegetable Fried Brown Rice Egg Roll with Duck Sauce Salad Bar Asian Slaw Fresh New York Apples	Classic Cheese Pizza Pizza Supreme Sausage, Onions & Peppers Kid Friendly Kale Salad Salad Bar Fresh Marinated Vegetable Salad
27	28	29	New York Thursday 30	
Popcorn Chicken Dipping Sauce Cup Warm Dinner Roll Parmigiana Roasted Cauliflower Salad Bar Broccoli and Cranberry Salad	100% Beef Hamburgers & Cheeseburgers Turkey Burger Burgers served with Lettuce, Tomato & New York Onion Sweet Potato Waffle Fries Salad Bar Carrot & Lemon Salad	Asian Noodle Bowl A Mixture of Asian Flavors with vegetables and lo-mein served with Popcorn Chicken Teriyaki & Sriracha Chicken Sliders Sweet Plantains Seasoned Pinto Beans Salad Bar Fresh Cilantro Slaw	Classic Tuna on Ciabatta Bread Mozzarella Sticks Marinara Sauce New York Cookie Treat French Fries Salad Bar Kale Salad Fresh New York Apples	 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD

OFFERED DAILY

Entree Alternatives

- PB&J Sandwich
- Cheese Sandwich
- Plain Turkey Sandwich
- Hummus Grab & Go

Milk

- 1% Low-fat
- Fat Free
- Fat Free Chocolate

Dipping Sauce Cups

- BBQ, Ranch,
- Honey Mustard

Seasonal Fresh Fruit

- Apples, Oranges,
- Bananas, Pears

No Artificial flavors, colors, or sweeteners in all SchoolFood Products

Dressings

- Chipotle Ranch
- Balsamic Vinaigrette
- Ranch
- Asian Sesame
- Honey Mustard
- Caesar
- French
- Italian Vinaigrette

Flavor Station

- Granulated Garlic
- Red Pepper Flakes
- Parmesan Cheese

JHS Lunch Menu



MENUS ARE SUBJECT TO CHANGE
SCHOOLFOOD HAS A PORK FREE MENU