



NOVEMBER 2019: J.H.S. & Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
MEATLESS MONDAY	CHICKEN	CULINARY	NEW YORK THURSDAY	PIZZA
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<p><i>Daily Lunch Specials</i></p> <ul style="list-style-type: none"> • Peanut Butter & Jelly • Sunbutter & Jelly • Cheese Sandwich • Hummus Grab & Go • Tuna or Turkey Sandwich (Not available on Monday) 			<p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>!!! PIZZA !!!</p> <p>Chicken Ranch Pizza</p> <p>Green Garden Salad</p> <p><i>Salad Bar</i> Pizza Toppings Featuring Cold Chickpea Salad</p>
4	Election Day	5	6	7
8		9	New York Thursday	10
<p>Stuffed Shells* in Marinara Sauce</p> <p>Fresh Broccoli with Garlic & Oil</p> <p>Toasted Garlic Knot</p> <p><i>Salad Bar</i> Garden Greens</p>	<p>Peach BBQ Chicken Drumstick*</p> <p>Honey Corn Muffin</p> <p>Slow Roasted Carrots</p> <p><i>Salad Bar</i> Traditional</p>	<p>PROMO Mashed Potato Bowl</p> <p>Toasted Garlic Bread</p> <p>Grab-n-Go Chicken Caesar Salad</p> <p><i>Salad Bar</i> Garden Greens</p>	<p>GOLDEN KRUST® Jamaican Beef Patty</p> <p>Roasted Zucchini</p> <p>New York Cookie Treat</p> <p>Fresh New York Apples</p> <p>Grab-n-Go Chicken Caesar Salad <i>Salad Bar</i> New York Local</p>	<p>!!! PIZZA !!!</p> <p>Assorted Toppings</p> <p>Green Garden Salad</p> <p><i>Salad Bar</i> Pizza Toppings Featuring Balsamic Chickpea Salad</p>
11	12	13	New York Thursday	14
15		16	New York Thursday	17
<p>Baked Mozzarella Sticks with Marinara Dipping Sauce</p> <p>Roasted Fresh Broccoli & Cauliflower</p> <p>Rold Gold® Hartzels</p> <p><i>Salad Bar</i> Garden Greens</p>	<p>Baked Chicken Bites</p> <p>Garlicky Green Beans</p> <p>Warm New York Dinner Roll</p> <p><i>Salad Bar</i> Traditional</p>	<p>100% Beef Hamburgers & Cheeseburgers served on Ciabatta</p> <p>Turkey Burgers</p> <p>Baked French Fries</p> <p>Grab-n-Go Chopped Salad <i>Salad Bar</i> Burger/Sandwich Fixin's</p>	<p>Teriyaki Chicken Dumplings*</p> <p>Vegetable Rice</p> <p>Orange Ginger Carrots</p> <p>Fresh New York Apples</p> <p>New York Cookie Treat Grab-n-Go Chopped Salad <i>Salad Bar</i> New York Local</p>	<p>!!! PIZZA !!!</p> <p>Margherita Pizza</p> <p>Green Garden Salad</p> <p><i>Salad Bar</i> Pizza Toppings Featuring Cranberry Chickpea Salad</p>
18	19	20	New York Thursday	21
22		23	New York Thursday	24
<p>Mac-n-Cheese</p> <p>Toasted Garlic Bread</p> <p>Baked Broccoli</p> <p><i>Salad Bar</i> Garden Greens</p>	<p>Baked Chicken Tenders With Dipping Sauce</p> <p>Baked Sweet Potato Waffle Fries</p> <p>Baked! Tostitos® Scoops® Served with Salsa Cup</p> <p><i>Salad Bar</i> Traditional</p>	<p>PROMO Chicken Parmigiana Served with Pasta Marinara</p> <p>Slow Roasted Carrots</p> <p><i>Salad Bar</i> Garden Greens Featuring Broccoli & Cranberry Calad</p>	<p>New York Beef Hamburgers & Cheeseburgers* served on Ciabatta</p> <p>Baked New York French Fries</p> <p>Fresh New York Apples Grab-n-Go Asian Sesame Chicken Salad <i>Salad Bar</i> Burger/Sandwich Fixin's</p>	<p>!!! PIZZA !!!</p> <p>Chicken Ranch Pizza</p> <p>Green Garden Salad</p> <p><i>Salad Bar</i> Pizza Toppings Featuring Cold Chickpea Salad</p>
25	26	27	Thanksgiving Recess	28
29		30	Thanksgiving Recess	31
<p>Stuffed Shells* in Marinara Sauce</p> <p>Fresh Broccoli with Garlic & Oil</p> <p>Toasted Garlic Knot</p> <p><i>Salad Bar</i> Garden Greens</p>	<p>Peach BBQ Chicken Drumstick*</p> <p>Honey Corn Muffin</p> <p>Slow Roasted Carrots</p> <p><i>Salad Bar</i> Traditional</p>	<p>Holiday Meal Hot Sliced Turkey with Gravy</p> <p>Mashed Potatoes</p> <p>New York Cookie Treat</p> <p><i>Salad Bar</i> Traditional</p>	<p>GOLDEN KRUST® Jamaican Beef Patty</p> <p>Roasted Zucchini</p> <p>Fresh New York Apples</p> <p>Grab-n-Go Chicken Caesar Salad <i>Salad Bar</i> New York Local</p>	<p>!!! PIZZA !!!</p> <p>Assorted Toppings</p> <p>Green Garden Salad</p> <p><i>Salad Bar</i> Pizza Toppings Featuring Balsamic Chickpea Salad</p>

OFFERED DAILY

Milk
1% Low-fat
Fat Free
Fat Free Chocolate

Dipping Sauce Cups
BBQ, Ranch,
Honey Mustard

Fresh Fruit

* These recipes are offered on both this menu and the Scratch Cooked menu

No Artificial flavors, colors, or sweeteners in all OFNS 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