



NOVEMBER 2017 LUNCH MENU



DOMINO'S PIZZA Monday	GRAB & GO Tuesday	DINNER STYLE Wednesday	INTERNATIONAL Thursday	BURGER BAR Friday
		1 Salisbury Steak with Mashed Potatoes Spinach Salad Bar	2 Meatball Sandwich w/ Cheese and Marinara	3 Burger Bar w/ Fries Hamburger, Cheeseburger, Beef Hot Dog, Chicken Sandwich, or Veggie Burger (V)
6 Homemade Pizza Varieties Pepperoni, Cheese(V), Chicken Pesto, Veggie(V) Hawaiian	7 Roasted Chicken w/Green Beans	8 Chicken & Cheese Quesadillas (V), w/Refreid Beans Salsa, Sour Cream & Jalapenos	9 Orange Chicken Over Brown Rice w/2 Fortune Cookies Chinese Chicken Salad Bar	10 Veterans Day No School
13 Homemade Pizza Varieties Pepperoni, Cheese(V), Chicken Pesto, Veggie(V) Hawaiian	14 Turkey Corndog or Chicken Nuggets w/WG Sun Chips	★ 15 HOLIDAY DINNER! Roast Turkey Mashed potatoes & gravy green beans & holiday dessert ★	16 "Hot Sandwich" Philly Cheese steak or Hot Turkey w/WG Sun Chips	17 Burger Bar w/ Fries Hamburger, Cheeseburger, Beef Hot Dog, Chicken Sandwich, or Veggie Burger (V)
20 No School Thanksgiving Break!!	21 No School Thanksgiving Break!!	22 No School Thanksgiving Break!!	23 Happy Thanksgiving!!	24 No School Thanksgiving Break!!
27 Homemade Pizza Varieties Pepperoni, Cheese(V), Chicken Pesto, Veggie(V) Hawaiian	28 Hot & Spicy or Mild Chicken Strips w/ WG Sun Chips	29 Spaghetti & Meatballs w/garlic breadstick	30 Chicken Taquitos w/Spanish Rice	

★ **SALAD BAR**
Monday-Thursday
With seasonal produce and specialty themed salad bar days ★
V: Vegetarian Option : VG: Vegan Option

Meals Include 5 Menu Items:
Protein (Meat/Meat Alternative)
Grain
Vegetable
Fruit/Fruit Juice
Milk
★ ★
2 Item Entrees

To Complete Your Meal: ★
Choose 3 items minimum
One menu item must include fruit/fruit juice or veggie.
Or Choose all 5 items ★

Lunch Meal Prices
Student Lunch..... \$3.50
Reduced Student Lunch..... 40¢
Free Student Lunch.....no charge
Adult Lunch..... \$4.00 plus tax

This menu is subject to change
Water dispenser available in the cafeteria & at snack bar



This institute is an equal opportunity provider

OTHER DAILY OPTIONS! YOU CHOOSE!
Hot Entrees: Spicy Chicken, 2 Bosco Sticks (V), French Bread Pizza (V), or Bean & Cheese Burrito(V)
Cold Entrees: Deli Sandwiches or wraps (V), PB&J Uncrustables (V), Large Garden Salad (V/ VG)

→ **Create Your Own 3 Star Meal!**
Milk + Side Salad + Watermelon
Pita Bread & Hummus (V/ VG) + 2 Youturs