


Secondary Lunch Menu

November 2010

1 - 5 NOVEMBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1	Teacher Work Day No School
Hamburger on a Bun Cheese Pizza Dippers or 3-Cheese Boat (V) Nic Nac Chicken Salad w/ Crackers Chicken Fryz Veggie Wrap (V) Vegetarian Options Grilled Cheese Sandwich (V) Fruit & Yogurt Parfait* (V) Cheese Salad w/ Crackers (V) Gluten Free Options Grilled Cheese GF Bread (GF)	Breakfast Panini Cheese Omelet w/ Sausage*** (V) Chicken Fillet Salad w/ Crackers Ham Salad w/ Crackers Tuna Wrap Vegetarian Options Cheese Omelet (V) or Sausage Patty (V) Fruit & Yogurt Parfait* (V) Cheese Salad w/ Crackers (V) Gluten Free Options French Toast Sticks (GF)	Philly Cheese Sandwich Pepperoni Pizza or Turkey Panini Turkey Salad w/ Crackers Hotdog on a Bun Mexican Chicken Salad w/ Crackers Vegetarian Options Cheese Salad w/ Crackers (V) Fruit & Yogurt Parfait* (V) Cheese Salad w/ Crackers (V) Gluten Free Options Cheese Salad w/ Crackers (GF)	Chicken Patty on a Bun Meatball Sub Sandwich Chef Salad w/ Crackers Turkey Wrap Ham Submarine w/ Crackers Vegetarian Options Italian Pasta & Cheese Salad (V) Fruit & Yogurt Parfait* (V) Cheese Salad w/ Crackers (V) Gluten Free Options Turkey on Corn Tortilla Wrap (GF)	
Side Items - Choose 3	Side Items - Choose 2	Side Items - Choose 2	Side Items - Choose 3	
Deli Roasters Steamed Broccoli Mandarin Oranges Melon Fruit Cup Blueberry Muffin	Deli Roasters Montego Bay Veggie Blend Fruit Cocktail Fresh Sliced Apples ***French Toast Sticks	Garden Side Salad Steamed Carrots Fresh Fruit Cup Applesauce Whole Fruit Juice Bar	Sweet Potato Wedges Spinach & Tomato Salad Chilled Pears Juicy Orange Wedges Italian Pasta Salad	

8 - 12 NOVEMBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1	Veterans Day 	Entrée - Choose 1
Hearty Pasta Bake w/ Dinner Roll Turkey Club Panini Chef Salad Cheese Pizza Chicken Tender Wrap Vegetarian Options Cheese Pizza Dippers (V) Fruit & Yogurt Parfait* (V) Cheese Salad (V) Gluten Free Options Mac & Meat Sauce (GF)	Spaghetti w/ Meat Sauce BBQ Riblets Ham Salad w/ Crackers Hamburger Sliders ABC Salad w/ Crackers Vegetarian Options Blackbean Burger (V) Fruit & Yogurt Parfait* (V) Cheese Salad w/ Crackers (V) Gluten Free Options Chicken Nuggets (GF)	Chicken & Mashed Potato Bowl Pepperoni or Cheese Pizza Turkey Salad w/ Crackers Hotdog on a Bun Grilled Chicken Caesar w/ Crackers Vegetarian Options Chik'n & Mashed Potato Bowl (V) Fruit & Yogurt Parfait* (V) Cheese Salad w/ Crackers (V) Gluten Free Options Bkd Chicken w/ Mashed Potatoes (GF)		Baked Mozzarella Sticks or 3-Cheese Boat (V) Cheeseburger on a Bun Chicken Fillet Salad w/ Crackers Baked Potato w/ Cheese (V) Tuna Salad w/ Crackers Vegetarian Options Chik'n Nuggets w/ Dinner Roll (V) Fruit & Yogurt Parfait* (V) Cheese Salad w/ Crackers (V) Gluten Free Options Baked Potato w/ Cheese (GF)
Side Items - Choose 3	Side Items - Choose 3	Side Items - Choose 3		Side Items - Choose 3
Flame Roasted Potato Medley Cucumber & Carrots w/ FF Dip Applesauce Banana	Roasted Vegetable Medley Steamed Carrots Melon Fruit Cup Juicy Orange Wedges Dinner Roll	Green Beans Montego Bay Veggie Blend Chilled Peaches Fresh Seasonal Fruit Oatmeal Cookie / Dinner Roll	Garden Salad Sweet Potato Wedges Chilled Pears 100% Fruit Juice Fruited Jell-O	

Note: Milk offered daily

*Fruit & Yogurt Parfait availability may vary depending on location

Vegetarian and Gluten-Free Options are available. Please see your school Nurse or Cafeteria Manager to order these options.

*****Some schools offer fewer choices than listed above for various reasons. Please see your cafeteria manager with questions.*****

