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

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

Note: Milk offered daily

\*Fruit & Yogurt Parfait availabilty 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.\*\*\*

## Secondary Lunch Menu

## November 2010

15 - 19 NOVEMBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1
Corn Dog	Chicken & Cheese Quesadilla	Beef & Broccoli Bowl**	Chicken Drummies or Chicken Tenders	Turkey Panini
Lasagna w/ Bread Stick	Wafflewich Breakfast Sandwich	Turkey & Veg Egg Roll**	Beef Ravioli	Ranch Ham/Cheese Wrap
Nic Nac Chicken Salad w/ Crackers	Ham Salad w/ Crackers	Turkey Salad w/ Crackers	Chef Salad w/ Crackers	Chicken Fillet Salad w/ Crackers
Chicken Fryz	Chicken Fillet on a Bun	Hotdog on a Bun	Turkey Wrap	Cheese Salad (V) w/ Crackers
Veggie Wrap <b>(V)</b>	Asian Chopped Salad w/ Crackers	Mexican Chicken Salad w/ Crackers	Ham Submarine	Tuna Wrap
Vegetarian Options	Vegetarian Options	Vegetarian Options	Vegetarian Options	Vegetarian Options
Veggie Wrap <b>(V)</b>	Grilled Cheese (V)	Mac & Cheese Entrée (V)	Chik'n Nuggets w/ Dinner Roll (V)	Egg, Cheese & Sausage Sliders (V)
Fruit & Yogurt Parfait* (V)	Fruit & Yogurt Parfait* (V)	Fruit & Yogurt Parfait* (V)	Fruit & Yogurt Parfait* (V)	Fruit & Yogurt Parfait* (V)
Cheese Salad w/ Crackers(V)	Cheese Salad w/ Crackers (V)	Cheese Salad w/ Crackers (V)	Cheese Salad w/ Crackers (V)	Cheese Salad w/ Crackers (V)
<i>Gluten Free Options</i> Turkey Corn Dog <b>(GF)</b>	Gluten Free Options Chicken Quesadilla on Corn Tortilla (GF)	Gluten Free Options Mac & No Cheese (GF)	Gluten Free Options Chicken Pattie (GF)	<i>Gluten Free Options</i> French Bread Pizza ( <b>GF</b> )
Side Items - Choose 2	Side Items - Choose 2	Side Items - Choose 2	Side Items - Choose 2	Side Items - Choose 2
Montego Bay Veggie Blend	Deli Roasters	Steamed Carrots	Green Beans	Broccoli, Carrots & Cauliflower
Cauliflower	Romaine & Tomato Salad	Garden Side Salad	Sweet Potato Wedges	Carrots & Celery ww/ FF Dip
Chilled Peaches	Mandarin Oranges	Fruit Cocktail	Applesauce	Juicy Orange Wedges
Melon Fruit Cup	Fresh Sliced Apples	Fresh Fruit Cup	Banana	Chilled Pears
	Blueberry Muffin	**Brown Rice	Chocolate Chip Cookie/ Dinner Roll	Whole Fruit Juice Bar

		22 - 26 NOVEMBER		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entrée - Choose 1	Entrée - Choose 1	Entrée - Choose 1		
Baked Chicken or Chicken Drummies	Turkey w/ Savory Herb Stuffing	Spaghetti w/ Meat Sauce & Bread Stick		
Blackbean Burger on a Bun (V)	Breaded Chicken Chunks w/ DR	Turkey Sandwich		
Nic Nac Chicken Salad w/ Crackers	Ham Salad	Chicken Caesar Salad w/ Crackers		
Meat Nachos w/ Cheese Sauce	Hamburger Sliders	Hotdog on a Bun	1334651	Recess Day
Turkey Caesar Wrap	ABC Salad	Turkey Salad w/ Crackers		
Vegetarian Options	Vegetarian Options	Vegetarian Options		
Blackbean Burger on a Bun (V)	Blackbean Burger (V)	Spaghetti w/ Sauce & Cheese (V)	Happy Thanksgiving	
Fruit & Yogurt Parfait* (V)	Fruit & Yogurt Parfait* (V)	Fruit & Yogurt Parfait* (V)	4 P	
Cheese Salad w/ Crackers (V)	Cheese Salad (V)	Cheese Salad w/ Crackers (V)		No School
<i>Gluten Free Options</i> Baked Chicken w/ GF Bread ( <b>GF</b> )	Gluten Free Options Chicken Nuggets (GF)	Gluten Free Options Mac & Meat Sauce (GF)		
Side Items - Choose 3	Side Items - Choose 3	Side Items - Choose 2		
Flame Roasted Potato Medley	Roasted Vegetable Medley	Green Beans		
Sweet Kernel Corn	Steamed Carrots	Garden Side Salad		
Chilled Pineapples	Harvest Fruit Cup	Chilled Pears		
Craisins	Juicy Orange Wedges	Fresh Fruit Cup		
Vegetable Rice Pilaf/ Dinner Roll	Dinner Roll	Whole Fruit Juice Bar		

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Students are encouraged to select all meal components: meat/meat alternative, vegetable, fruit grain and milk.

