

# Lunch 8-12 High School

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>hello NOVEMBER</p>				<p>1</p> <ul style="list-style-type: none"> <li>Southwest Dip &amp; Chips</li> <li>Corn Dog</li> <li>Fruit and Yogurt To Go</li> <li>Grilled Chicken Salad</li> <li>Saltine Crackers</li> <li>Ranch Dressing</li> <li>Tossed Salad w/ Dressing</li> <li>Whole Kernel Corn</li> <li>Glazed Carrots</li> <li>Vegetable Juice</li> <li>Fresh Orange Smiles</li> <li>Chilled Fruits</li> <li>Fruit Juice</li> <li>Low Fat Milk</li> <li>Chocolate Milk</li> <li>Mayonnaise</li> <li>Mustard</li> <li>Ketchup</li> <li>Assorted Brk Bread</li> </ul>
<p>4</p> <ul style="list-style-type: none"> <li>Meat Lovers Pizza</li> <li>Grilled Chix Sandwich</li> <li>Fruit and Yogurt To Go</li> <li>Grilled Chicken Salad</li> <li>Chef Salad</li> <li>Saltine Crackers</li> <li>Croutons</li> <li>Ranch Dressing</li> <li>Tossed Salad w/ Dressing</li> <li>Crinkle Cut Fries</li> <li>Cucumber Slices w/Dip</li> <li>Vegetable Juice</li> <li>Fresh Orange Smiles</li> <li>Chilled Fruits</li> <li>Fruit Juice</li> <li>Low Fat Milk</li> <li>Chocolate Milk</li> <li>Ketchup</li> <li>Mayonnaise</li> <li>Mustard</li> <li>Chocolate Chip Cookie</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>Chicken Tenders</li> <li>Dutch Waffle</li> <li>Turkey &amp; Cheese Wrap</li> <li>Fruit and Yogurt To Go</li> <li>Chef Salad</li> <li>Saltine Crackers</li> <li>Croutons</li> <li>Ranch Dressing</li> <li>Tossed Salad w/ Dressing</li> <li>Black-Eyed Peas</li> <li>Seasoned Cabbage</li> <li>Vegetable Juice</li> <li>Fresh Fruit Bowl</li> <li>Chilled Fruits</li> <li>Fruit Juice</li> <li>Low Fat Milk</li> <li>Chocolate Milk</li> <li>Assorted Gelatins with Whipped Topping</li> <li>Pancake Syrup</li> <li>Variety of Dipping Sauce</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>Cheeseburger</li> <li>Meat Lovers Pizza</li> <li>Fruit and Yogurt To Go</li> <li>Chef Salad</li> <li>Saltine Crackers</li> <li>Croutons</li> <li>Ranch Dressing</li> <li>Spinach Salad</li> <li>Broccoli Florets w/ Dip</li> <li>Tater Tots</li> <li>Vegetable Juice</li> <li>Fresh Fruit Bowl</li> <li>Chilled Fruits</li> <li>Fruited Gelatin</li> <li>Fruit Juice</li> <li>Low Fat Milk</li> <li>Chocolate Milk</li> <li>Ketchup</li> <li>Fruit Crisp</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>Chili with Beans</li> <li>Chix Patty Sandwich</li> <li>Fruit and Yogurt To Go</li> <li>Chix Salad w/Crackers</li> <li>Chef Salad</li> <li>Saltine Crackers</li> <li>Croutons</li> <li>Ranch Dressing</li> <li>Spinach Salad</li> <li>Seasoned Green Beans</li> <li>Carrot-Raisin Salad</li> <li>Vegetable Juice</li> <li>Fresh Fruit Bowl</li> <li>Chilled Fruits</li> <li>Fruit Juice</li> <li>Combread</li> <li>Low Fat Milk</li> <li>Chocolate Milk</li> <li>Mayonnaise</li> <li>Mustard</li> <li>Ketchup</li> <li>Assorted Puddings</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>Beefy Nachos Grande</li> <li>Turkey &amp; Cheese/Bun</li> <li>Fruit and Yogurt To Go</li> <li>Grilled Chicken Salad</li> <li>Saltine Crackers</li> <li>Ranch Dressing</li> <li>Tossed Salad w/ Dressing</li> <li>Whole Kernel Corn</li> <li>Raw Veggies with Dip</li> <li>Vegetable Juice</li> <li>Fresh Fruit Bowl</li> <li>Chilled Fruits</li> <li>Fruit Juice</li> <li>Low Fat Milk</li> <li>Chocolate Milk</li> <li>Mayonnaise</li> <li>Mustard</li> <li>Tart Lemon Squares</li> </ul>
<p>11</p> <ul style="list-style-type: none"> <li>Roasted Chix Wings</li> <li>Chili Dog</li> <li>Fruit and Yogurt To Go</li> <li>Grilled Chicken Salad</li> <li>Saltine Crackers</li> <li>Ranch Dressing</li> <li>Garden Salad</li> <li>W/Dressing</li> <li>Baked Beans</li> <li>Cheesy Msh Potatoes</li> <li>Vegetable Juice</li> <li>Fresh Fruit Bowl</li> <li>Chilled Fruits</li> <li>Fruit Juice</li> <li>Whole Wheat Roll</li> <li>Low Fat Milk</li> <li>Chocolate Milk</li> <li>Brownies</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>Pepperoni Calzone</li> <li>Cheeseburger</li> <li>Fruit and Yogurt To Go</li> <li>Chef Salad</li> <li>Saltine Crackers</li> <li>Croutons</li> <li>Ranch Dressing</li> <li>Sweet Potatoes Fries</li> <li>Cucumber Slices w/Dip</li> <li>Mixed Vegetables</li> <li>Vegetable Juice</li> <li>Fresh Orange Smiles</li> <li>Chilled Fruits</li> <li>Fruit Juice</li> <li>Low Fat Milk</li> <li>Chocolate Milk</li> <li>Graham Crackers</li> <li>Mayonnaise</li> <li>Mustard</li> <li>Ketchup</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>Cheesy Chix /Rice</li> <li>Turkey &amp; Cheese/Bun</li> <li>Chix Salad w/Crackers</li> <li>Chef Salad</li> <li>Saltine Crackers</li> <li>Croutons</li> <li>Ranch Dressing</li> <li>Steamed Broccoli</li> <li>Glazed Carrots</li> <li>Vegetable Juice</li> <li>Fresh Orange Smiles</li> <li>Chilled Fruits</li> <li>Fruit Juice</li> <li>Whole Wheat Roll</li> <li>Low Fat Milk</li> <li>Chocolate Milk</li> <li>Mayonnaise</li> <li>Mustard</li> <li>Banana Pudding</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>Spaghetti/Meat Sauce</li> <li>Ham &amp; Cheese on Bun</li> <li>Fruit and Yogurt To Go</li> <li>Chix Salad w/Crackers</li> <li>Chef Salad</li> <li>Saltine Crackers</li> <li>Croutons</li> <li>Ranch Dressing</li> <li>Spinach Salad</li> <li>Seasoned Green Beans</li> <li>Vegetable Juice</li> <li>Fresh Fruit Bowl</li> <li>Chilled Fruits</li> <li>Fruit Juice</li> <li>Garlic Toast</li> <li>Low Fat Milk</li> <li>Chocolate Milk</li> <li>Assorted Puddings</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>Walking Tacos</li> <li>Corn Dog</li> <li>Chef Salad</li> <li>Croutons</li> <li>Saltine Crackers</li> <li>Ranch Dressing</li> <li>Spanish Rice</li> <li>Whole Kernel Corn</li> <li>Raw Veggies with Dip</li> <li>Vegetable Juice</li> <li>Fresh Fruit Bowl</li> <li>Chilled Fruits</li> <li>Fruit Juice</li> <li>Low Fat Milk</li> <li>Chocolate Milk</li> <li>Mayonnaise</li> <li>Mustard</li> <li>Assorted Brk Bread</li> </ul>
<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>

Vegetable Beef Soup and Sandwich Combo Grilled Chix Sandwich Fruit and Yogurt Plate Grilled Chicken Salad Chef Salad Saltine Crackers Croutons Ranch Dressing Mashed Potatoes Black-Eyed Peas Southern Turnip Greens Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Cornbread Low Fat Milk Chocolate Milk Mayonnaise Mustard	Hamburger Steak/Gravy Ham & Cheese on Bun` Fruit and Yogurt Plate Chef Salad Saltine Crackers Croutons Ranch Dressing Mashed Potatoes Black-Eyed Peas Southern Turnip Greens Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Cornbread Low Fat Milk Chocolate Milk Mayonnaise Mustard Assorted Puddings	Chicken Tenders Ham & Cheese on Bun` Fruit and Yogurt Plate Chef Salad Ranch Dressing Saltine Crackers Croutons Mashed Potatoes Cheesy Broccoli Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Garlic Toast Low Fat Milk Chocolate Milk Variety of Dipping Sauce Ketchup Mayonnaise Mustard Dick & Jane Cookies	Turkey and Dressing Sweet Potato Casserole Seasoned Green Beans Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Yeast Roll Cranberry Sauce Cake with Strawberries Low Fat Milk Chocolate Milk	Stuffed Crust Pizza Turkey & Cheese/Bun Fruit and Yogurt To Go Grilled Chicken Salad Croutons Saltine Crackers Ranch Dressing Spinach Salad Tater Tots Cucumber Slices w/Dip Vegetable Juice Fresh Fruit Bowl Chilled Fruits Fruit Juice Low Fat Milk Chocolate Milk Mayonnaise Mustard Ketchup Tart Lemon Squares
25	26	27	28	29
Holiday	Holiday	Holiday	Holiday	Holiday

This institution is an equal opportunity provider.