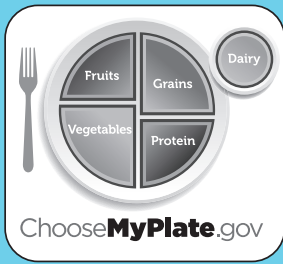


# November 2018 High School Menu

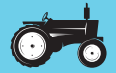
**Lunch is only \$3.00 and includes the following healthy choices:**

**Lean Protein • Veggies\* (steamed & fresh) • Fruits\* (fresh & canned) • Whole Grain Breads & Rice • Milk (low fat or fat free)**



**Fruits** Every Day Selections vary to create variety: Apples, Bananas, Cantaloupe, Craisins, Grapefruit, Honeydew, Kiwi, Nectarines, Oranges, Peaches, Pears, Plums, Raisins, Strawberries, Tangerines, Watermelon

**Vegetables** Every Day Selections vary to create variety: Bell Peppers, Broccoli Florets, Carrot Sticks, Cauliflower Florets, Celery Sticks, Cherry/Grape Tomatoes, Cucumber Coins, Summer Squash, Zucchini



When you see an (L), this indicates locally sourced produce!

\*Up to two cups per day. Enjoy!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Interested in a few hours of work? Come join our team!</b>                      Apply on line at <a href="http://www.aacps.org">www.aacps.org</a>                      Click – Join Our Team                      Click – APPLY NOW then select – Support Staff School-Based                      Search – (type in Food) then Click on Temporary Food Service Worker 1 (Substitute)                      An equal opportunity employer</p>			<p><b>1</b>                      Cheesy Chicken w/Corn Chips                      Cheeseburger                      Chef Salad                      Roasted Butternut Squash (L) • Baby Carrots                      Mixed Green Salad • Oven Potatoes                      Mandarin Oranges</p>	<p><b>2</b> <i>Tasting of the Rainbow</i>                      Pizza                      Baked Fish w/Cilantro Lime Rice                      Salmon Salad                      Corn • Baby Carrots                      Mixed Green Salad • Oven Potatoes • Peaches</p>
<p><b>5</b>                      Chicken Tenders w/Pretzel Rod                      Black Bean &amp; Cheese Burrito                      Garden Salad                      Broccoli • Baby Carrots                      Oven Potatoes • Seasoned Rice                      Mixed Green Salad • Pears</p>	<p><b>6</b>  </p>	<p><b>7</b>                      Crispy Chicken Sandwich                      Chicken Alfredo w/Garlic Bread Stick                      Taco Salad                      Green Beans • Mixed Green Salad                      Baby Carrots • Oven Potatoes • Pineapple</p>	<p><b>8</b> <i>Two Hour Early Dismissal</i>                      Taco w/Corn Chips                      Fiesta Pizza                      Chef Salad                      Oven Potatoes • Baby Carrots • Broccoli                      Vegetarian Beans • Mixed Green Salad                      Mixed Fruit</p>	<p><b>9</b> <i>Two Hour Early Dismissal</i>                      Stuffed Crust Pizza                      Nacho Fish Sticks w/Corn Chips                      Salmon Salad                      Roasted Carrots • Mixed Green Salad                      Baby Carrots • Oven Potatoes • Pineapple</p>
<p><b>12</b>                      Chicken Tenders w/Pretzel Rod                      Steak and Cheese Sub                      Garden Salad                      Roasted Pumpkin (L) • Baby Carrots • Pasta                      Oven Potatoes • Mixed Green Salad                      Baked Fruit</p>	<p><b>13</b>                      Teriyaki Chicken w/Rice                      Hot dog                      Chicken Tender Salad                      Vegetarian Beans • Baby Carrots                      Mixed Green Salad • Oven Potatoes                      Peaches</p>	<p><b>14</b>                      Crispy Chicken Sandwich                      Italian Sausage Pasta Bake w/Garlic Bread Stick                      Taco Salad                      Corn • Mixed Green Salad                      Baby Carrots • Oven Potatoes • Pears</p>	<p><b>15</b>                      Taco w/Corn Chips                      Chicken Quesadilla                      Chef Salad                      Broccoli • Baby Carrots                      Mixed Green Salad                      Oven Potatoes • Applesauce</p>	<p><b>16</b>                      Stuffed Crust Pizza                      Fish Sandwich                      Salmon Salad                      Green Beans • Baby Carrots                      Mixed Green Salad • Oven Potatoes                      Pineapple</p>
<p><b>19</b>                      Boneless Chicken Wings w/Pretzel Rod                      General Tso's Beef w/Rice                      Garden Salad                      Oven Potatoes • Baby Carrots • Pasta                      Roasted Butternut Squash (L)                      Mixed Green Salad • Mandarin Oranges</p>	<p><b>20</b>                      Taco w/Corn Chips                      Garlic French Bread Pizza                      Chicken Tender Salad                      Taco Fiesta Beans • Oven Potatoes                      Baby Carrots • Mixed Green Salad                      Mixed Fruit</p>	<p><b>21</b>  </p>	<p><b>22</b>  </p>	<p><b>23</b>  </p>
<p><b>26</b>                      Chicken Tenders w/Pretzel Rod                      Beef Dippers w/Rice                      Oven Potatoes • Baby Carrots • Seasoned Rice                      Corn • Mixed Green Salad • Pineapple</p>	<p><b>27</b>                      General Tso's Chicken w/Rice                      Hot Dog                      Chicken Tender Salad                      Broccoli • Baby Carrots                      Mixed Green Salad • Oven Potatoes                      Mixed Fruit</p>	<p><b>28</b>                      Crispy Chicken Sandwich                      Parmesan Chicken Pasta Bake w/Garlic Bread Stick                      Taco Salad                      Roasted Brussels Sprouts • Baby Carrots                      Mixed Green Salad • Oven Potatoes                      Mixed Fruit</p>	<p><b>29</b>                      Taco w/Corn Chips                      Chicken Cheese Steak                      Chef Salad                      Roasted Acorn Squash • Baby Carrots                      Oven Potatoes • Mixed Green Salad • Peaches</p>	<p><b>30</b>                      Stuffed Crust Pizza                      Fish Taco w/Corn Chips                      Salmon Salad                      Taco Fiesta Beans • Baby Carrots                      Mixed Green Salad • Oven Potatoes • Pears</p>

## Breakfast \$1.50

Bagel, Banana Bread, Benefit Breakfast Bar, Berry Bread, Cereal (Cinnamon Chex, Cinnamon Toast Crunch, Corn Chex, Fruity Cheerios, Golden Grahams, Multigrain Cheerios), Cinnamon Roll Goldfish, Flip, French Toast Goldfish, Graham Crackers, Mini Benefit Breakfast Bar, Mini Loaf, Mini Muffin, Mini Oatmeal Bar, Mini Sweet Potato Roll, Muffin, Multi-Grain Breakfast Break, Nutri-Grain Bar, Oatmeal Bar, Pumpkin Bread, String Cheese, Sweet Potato Roll, Ultimate Breakfast Round, Yogurt, Zucchini Bread



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