



November 2018

Middle School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Job Opportunity Looking for flexibility? Part-Time or Full-Time hours? No nights or weekends? Nutrition Services employees needed. To apply, please call 523-1116.</p>			<p>1 Chicken Parmesan Melt Dinner Roll Turkey Chef Salad PB&J Sandwich Dinner Roll Campfire Chipotle Beans Red Pepper Strips Assorted Fruits</p>	<p>2 Creamy Ital. Rice w. Popcorn Chix & Marinara Chicken & Chz Salad PB&J Sandwich Dinner Roll Steamed Broccoli Baby Carrots Assorted Fruits</p>
<p>5 No School</p>	<p>6 No School</p>	<p>National Nacho Day! 7 Nacho Chz Walking Taco Turkey & Chz Salad PB&J Sandwich Plain Rice Dinner Roll Swt Potato Bites Fresh Zucchini Assorted Fruits</p>	<p>8 Salisbury Steak Egg Chef Salad PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Fresh Broccoli Baby Carrots Assorted Fruits</p>	<p>9 Chix & Chz Penne Bake Chix Caesar Salad PB&J Sandwich Dinner Roll Steamed Broccoli Baby Carrots Assorted Fruits</p>
<p>Fuel Fuel Item Nov 7-9 – Fiery Cheetos Mac N Cheese Fuel Item Nov 12-16 – Swt & Spicy Chili Doritos Mac N Cheese</p>			<p>15 Global Flavors</p>	
<p>12 Breaded Chix Drumstick Cham** Chef Salad PB&J Sandwich Dinner Roll Steamed Zucchini Fresh Tomato Wedges Assorted Fruits</p>	<p>13 Pizza Chix Meatball Sub Chix Caesar Salad PB&J Sandwich Dinner Roll Glazed Orange Carrots Green Peas Assorted Fruits</p>	<p>14 Pepperoni or Cheese Pizza* Cham** Chef Salad PB&J Sandwich Dinner Roll Steamed Broccoli Fresh Cucumber Slices Assorted Fruits</p>	<p>15 Teriyaki Popcorn Chix w. Broccoli Popcorn Chix Salad PB&J Sandwich Plain Rice Dinner Roll Pinto Kickin Beans Baby Carrots Assorted Fruits</p>	<p>16 Country Popcorn Chix Bowl Egg Chef Salad PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Corn Assorted Fruits</p>
<p>19 Beef Soft Tacos Popcorn Chix Salad PB&J Sandwich Dinner Roll Black Charro Beans Garden Salad Assorted Fruits</p>	<p>20 Thanksaivina!!! Oven Rst Trukey Popcorn Chix Salad PB&J Sandwich Stuffing Dinner Roll/Gravy Green Beans Maple Mashed Swt Potatoes Assorted Fruits</p>	<p>21 Thanksgiving Break</p>	<p>22 Thanksgiving Break</p>	<p>23 Thanksgiving Break</p>
<p>26 Nacho Chz Walking Taco PB&J Sandwich Breadstick Green Beans Glazed Orange Carrots Assorted Fruits</p>	<p>27 Oven Rst Chix Drumstick PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Baby Carrots Assorted Fruits</p>	<p>28 Broccoli & Chz Baked Potato Chicken Caesar Salad PB&J Sandwich Dinner Roll Red Pepper Strips Campfire Chipotle Pinto Beans Assorted Fruits</p>	<p>29 Country Popcorn Chix Bowl Egg Chef Salad PB&J Sandwich Dinner roll/Gravy Mashed Potatoes Corn Assorted Fruits</p>	<p>30 General Tso Popcorn Chix w. Broccoli Popcorn Chix Salad PB&J Sandwich Dinner roll/Plain Rice Steamed Broccoli Garden Salad Assorted Fruits</p>

More Info...

Offered Daily:

*Featured Entrée
*Featured Salad
*Esta Fiesta Bar
Beans & Rice
*Featured Deli Selections:
Variety of Deli Sandwiches*
PB&J Sandwiches
Pretzel, Yogurt & Cheese Packs
*Featured Pizza Selections
Cheese Pizza
Pepperoni Pizza*
*Featured Grill Selections:
Cheeseburger, Grilled Chicken Sandwich
Breaded Chicken Sandwich

*Breadstick or Pretzels

*Assorted Milk
1% White,
1% Chocolate
Skim: Vanilla,
Strawberry

Additional Weekly Grill Options:

Spicy Chicken Sandwich
Popcorn Chicken
Chicken Tenders
Hot Dog

*May contain pork
**Chicken Ham

Lunch Prices:
Full Priced: \$2.90
Reduced: \$.40

Menus are subject to change without notice.

Nutrition Services Vision: "To provide meals and service that enrich and nourish lives."

Special News...

Free and Reduced Meal Applications can be filled out online at <https://frapps.horizonsolana.com/SPRR01> or you can pick up a paper version at your school office.

"This institution is an equal opportunity provider."

What is a Reimbursable Lunch?

Must choose 3 components with one being ½ cup fruit or vegetable.

1. Whole Grain
2. Fruit
3. Vegetable
4. Meat/Meat Alternate
5. Milk-1%, Skim

