



November 2018

Study 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 Pepperoni or Cheese Pizza* Chicken & Chz Salad PB&J Sandwich Dinner Roll Steamed Broccoli Baby Carrots Assorted Fruits</p>	<p>More Info... Offered Daily to MS students:</p> <p>*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* Make Your Own Bagel Pizza Manager's Special *Featured Grill Selections: Cheeseburger, Grilled Chicken Sandwich Breaded Chicken Sandwich *Breadstick or Pretzels *Assorted Juice *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 Lunch Prices MS/ES: Full Priced: \$2.90/\$2.65 Reduced: \$.40/\$.40 Menus are subject to change without notice.</p>
<p>5 No School</p>	<p>6 No School</p>	<p>7 National Nacho Day! Nacho Chz Walking Taco Turkey & Chz Salad PB&J Sandwich 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 Pepperoni or Cheese Pizza* Chicken Caesar Salad PB&J Sandwich Dinner Roll Steamed Broccoli Baby Carrots Assorted Fruits</p>	
<p>12 Country Popcorn Chix Bowl Egg Chef Salad PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Corn 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 Breaded Chix Drumstick Cham Chef Salad PB&J Sandwich Dinner Roll Steamed Zucchini Fresh Tomato Wedges Assorted Fruits</p>	<p>15 Teriyaki PopChix w. Broccoli Popcorn Chix Salad PB&J Sandwich Plain Rice Dinner Roll Pinto Kickin Beans Baby Carrots Assorted Fruits</p>	<p>16 Pepperoni or Cheese Pizza* Cham** Chef Salad PB&J Sandwich Dinner Roll Steamed Broccoli Fresh Cucumber Slices 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 Turkey 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 Cheeseburger 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 Ham Chef 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 Mashed Potatoes Corn Assorted Fruits</p>	<p>30 Pepperoni or Cheese Pizza* Popcorn Chix Salad PB&J Sandwich Dinner roll Steamed Broccoli Garden Salad Assorted Fruits</p>	

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

