









MIDDLE SCHOOL LUNCH MENU
NOVEMBER 2009



Double Deal: Any Second Entrée \$1.75

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Teacher Work Day</p>	<p>3</p> <p>Teacher Work Day</p>	<p>4</p> <p>Chicken Tenders w/Southwestern Rice Cheese Quesadilla Hummus Biteable Yogurt Biteable Peanut Butter & Jelly Sandwich</p> <p>CHOICE OF TWO Potato Rounds Golden Corn Chilled Pears w/Cherry Garnish Raisins</p> <p>NO SALADS AVAILABLE</p>	<p>5</p> <p>Spaghetti w/Loco Bread w/ Meat Sauce or Marinara Sauce Steak & Cheese Sub Hummus Biteable Yogurt Biteable Peanut Butter & Jelly Sandwich</p> <p>CHOICE OF TWO Green Peas Tossed Salad Fresh Apple Fruit Crisp</p>	<p>6</p> <p>Spicy Chicken on Wheat Bun Fish Fillet on Wheat Bun Hummus Biteable Yogurt Biteable Peanut Butter & Jelly Sandwich</p> <p>CHOICE OF TWO Seasoned Potato Wedges Mixed Vegetables Cucumber & Carrot Slims w/Dip Chilled Peaches Fruit Sherbet</p>
<p>9</p> <p>Cheese Sticks w/ Marinara Sauce Barbecue Rib on Wheat Bun  Orange Chicken Rice Bowl Hummus Biteable Yogurt Biteable Peanut Butter & Jelly Sandwich</p> <p>CHOICE OF TWO Campbell's Minestrone Soup Orange Quarters & Kiwi Chilled Pineapple Raisins</p>	<p>10</p> <p>Chicken Tenders w/Muffin Hot Turkey Ham & Cheese on Whole Wheat Croissant Hummus Biteable Yogurt Biteable Peanut Butter & Jelly Sandwich</p> <p>CHOICE OF TWO Whipped Potatoes w/ Gravy Carrot Slims & Jicama w/ Dip Chilled Peaches Cantaloupe</p>	<p>11</p> <p>Steak & Cheese Sub Turkey Hot Dog on Wheat Bun Hummus Biteable Yogurt Biteable Peanut Butter & Jelly Sandwich</p> <p>CHOICE OF TWO Potato Rounds Tossed Salad w/Cherry Tomato Banana Applesauce</p>	<p>12</p> <p>Soft Taco w/Shredded Cheese Chicken Fillet on Wheat Bun Hummus Biteable Yogurt Biteable Peanut Butter & Jelly Sandwich</p> <p>CHOICE OF TWO Refried Beans Lettuce, Tomato Tropical Fruit Salad Fruit Crisp</p>	<p>13</p> <p>Spicy Chicken on Wheat Bun Fish Fillet on Wheat Bun Hummus Biteable Yogurt Biteable Peanut Butter & Jelly Sandwich</p> <p>CHOICE OF TWO Seasoned Potato Wedges Green Beans Broccoli & Carrot Slims w/Dip Chilled Pears w/Cherry Garnish Natural Frozen Fruit Bar</p>
<p>16</p> <p>Macaroni & Cheese w/Muffin Turkey Corn Dog Bites w/ Muffin Hummus Biteable Yogurt Biteable Peanut Butter & Jelly Sandwich</p> <p>CHOICE OF TWO Vegetarian Baked Beans Applesauce Orange Quarters & Kiwi Raisins</p>	<p>17</p> <p>Chicken Tenders w/ Brown Rice Cheese Quesadilla Hummus Biteable Yogurt Biteable Peanut Butter & Jelly Sandwich</p> <p>CHOICE OF TWO Golden Corn Broccoli & Carrot Slims w/Dip Chilled Pineapple Honeydew Melon</p>	<p>18</p> <p>Hamburger on Wheat Bun Cheeseburger on Wheat Bun Veggie Burger on Wheat Bun with or without Cheese Hummus Biteable Yogurt Biteable Peanut Butter & Jelly Sandwich</p> <p>CHOICE OF TWO Potato Rounds Lettuce, Tomato, Pickle Chilled Pears w/Cherry Garnish Banana</p>	<p>19 Thanksgiving Luncheon</p> <p>Roasted Turkey w/Dressing Whipped Potatoes w/Gravy Green Beans Cranberry Sauce Frozen Pumpkin Yogurt Cup</p> <p>OR</p> <p>Yogurt Biteable Peanut Butter & Jelly Sandwich</p>	<p>20</p> <p>Spicy Chicken on Wheat Bun Fish Fillet on Wheat Bun Hummus Biteable Yogurt Biteable Peanut Butter & Jelly Sandwich</p> <p>CHOICE OF TWO Seasoned Potato Wedges Mixed Vegetables Cucumber & Carrot Slims w/Dip Chilled Peaches Fruit Sherbet</p>
<p>23</p> <p>Cheese Sticks w/ Marinara Sauce Barbecue Rib on Wheat Bun  Orange Chicken Rice Bowl Hummus Biteable Yogurt Biteable Peanut Butter & Jelly Sandwich</p> <p>CHOICE OF TWO Campbell's Minestrone Soup Orange Quarters & Kiwi Chilled Pineapple Raisins</p>	<p>24</p> <p>Chicken Tenders w/Muffin Hot Turkey Ham & Cheese on Whole Wheat Croissant Hummus Biteable Yogurt Biteable Peanut Butter & Jelly Sandwich</p> <p>CHOICE OF TWO Whipped Potatoes w/ Gravy Carrot Slims w/ Dip Chilled Peaches Cantaloupe</p>	<p>25</p> <p>Steak & Cheese Sub Turkey Hot Dog on Wheat Bun Hummus Biteable Yogurt Biteable Peanut Butter & Jelly Sandwich</p> <p>CHOICE OF TWO Potato Rounds Corn on the Cob Chilled Peaches Applesauce</p>	<p>26</p> <p>Thanksgiving Holiday</p>	<p>27</p> <p>Thanksgiving Holiday</p>
<p>30</p> <p>Macaroni & Cheese w/Muffin Turkey Corn Dog Bites w/ Muffin Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Vegetarian Baked Beans Applesauce Tropical Fruit Salad Raisins</p> <p>NO SALADS AVAILABLE</p>				
<p>ENERGY ZONE SALAD PATCH Southwestern Salad w/Pretzel Chef's Salad w/Cheese w/Pretzel</p>	<p>ENERGY ZONE SALAD PATCH Taco Salad w/Chili w/ Tortilla Chips or Pretzel</p>	<p>ENERGY ZONE SALAD PATCH Caesar Chicken Salad w/Pretzel Fruit Salad w/Yogurt w/Pretzel, Sun Butter & Walnuts</p>	<p>ENERGY ZONE SALAD PATCH Oriental Chicken Salad w/Pretzel Chef's Salad w/Cheese w/Pretzel</p>	<p>ENERGY ZONE SALAD PATCH Fruit Salad w/Yogurt w/Pretzel, String Cheese, & Walnuts</p>
<p>PIZZA LINE Stuffed Crust Pizza Cheese or Pepperoni </p>	<p>PIZZA LINE Pan Pizza, Cheese or Pepperoni </p>	<p>PIZZA LINE Big Daddy Pizza, Cheese or Pepperoni </p>	<p>PIZZA LINE Cheesy Garlic French Bread Pizza</p>	<p>PIZZA LINE Stuffed Crust Pizza Cheese or Pepperoni </p>

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