

NOVEMBER 2022
High School and L.E.A.P Lunch Menu

	Tuesday 11/1	Wednesday 11/2	Thursday 11/3	Friday 11/4
	<p>Lunch Option #1: Shredded Chicken Soft Tacos with Shredded Lettuce, Diced Tomato, Shredded Cheese, Sour Cream and Salsa</p> <p>Lunch Option #2: Fiesta Corn and Black Bean Quesadilla with Peppers, Onions, Cheese, Sour Cream and Salsa</p> <p>Sandwich Option #1: Chicken Salad Wrap with Lettuce and Tomato</p> <p>Salad Option #1: Chicken Salad over Garden Salad with Fat Free Ranch and a Whole Grain Roll</p> <p>Today's Sides: Refried Beans Key Largo Vegetables</p> <p>Today's Fruit: Apple Slices, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Brown Stewed Chicken</p> <p>Lunch Option #2: French Dip Sandwich</p> <p>Sandwich Option #1: Roast Beef and Swiss with Lettuce, Tomato on a Pretzel Bun</p> <p>Salad Option #1: Cobb Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Peas and Rice Seasoned Potatoes Wedges</p> <p>Today's Fruit: Diced Pears, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: White Bean Chicken Chili with Corn Bread</p> <p>Lunch Option #2: Pesto Chicken Sandwich with Spinach, Tomatoes and Fresh Mozzarella</p> <p>Sandwich Option #1: Turkey and Cheddar with Lettuce, Tomato on a Kaiser Roll</p> <p>Salad Option #1: Caprese Salad over Spinach Vine Ripe Tomatoes, Fresh Mozzarella, Roasted Red Peppers, Red Onions and Basil with a Whole Grain Roll and Fat Free Balsamic</p> <p>Today's Sides: California Blend Vegetables Steamed Brown Rice</p> <p>Today's Fruit: Mixed Grapes, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust</p> <p>Lunch Option #2: Veggie Pizza on a Whole Grain Crust</p> <p>Sandwich Option #1: Italian Cold Cut</p> <p>Salad Option #1: Antipasto Salad over Field Greens with Fat Free Italian and a Whole Grain Roll</p> <p>Today's Sides: Baked Sweet Potato Fries Steamed Broccoli</p> <p>Today's Fruit: Mandarin Oranges, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>
Monday 11/7	Tuesday 11/8	Wednesday 11/9 National Fried Chicken Sandwich Day	Thursday 11/10	Friday 11/11
<p>Lunch Option #1: Jumbo Stuffed Shells with Marinara</p> <p>Lunch Option #2: Eggplant Parmesan with Mozzarella and Marinara</p> <p>Sandwich Option #1: Oven Fried Chicken Sandwich with Lettuce, Tomatoes, and Pickles</p> <p>Salad Option #1: Barbecue Crispy Chicken Salad with Fat Free Ranch and a Whole Grain Roll</p> <p>Today's Sides: Mediterranean Blend Vegetables Cheesy Garlic Bread</p> <p>Today's Fruit: Tropical Fruit Salad, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Professional Day No School for Students</p>	<p>Lunch Option #1: Creole jambalaya</p> <p>Lunch Option #2: Southern Style Chicken Sandwich with Pickles, Creole Sauce on Hawaiian Bun</p> <p>Sandwich Option #1: Grilled Chicken Caesar Wrap</p> <p>Salad Option #1: Cobb Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Key Largo Vegetables Red Beans and Rice</p> <p>Today's Fruit: Apple Sauce, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Kielbasa and Cabbage</p> <p>Lunch Option #2: Turkey Ruben</p> <p>Sandwich Option #1: Tuna Salad with Lettuce and Tomato on a Kaiser Roll</p> <p>Salad Option #1: Roasted Veggie and Fresh Mozzarella Salad over Greens with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: German Blend Vegetables Au Gratin Potatoes</p> <p>Today's Fruit: Fresh Fruit Salad, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust</p> <p>Lunch Option #2: Open Faced Roasted Beef with Swiss and Caramelized Onions</p> <p>Sandwich Option #1: Ham and American Cheese on Wheat with Lettuce, Tomato, and Honey Mustard</p> <p>Salad Option #1: Chef Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Baked Sweet Potato Fries Seasoned Corn</p> <p>Today's Fruit: Whole Apple, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>
Monday 11/14	Tuesday 11/15	Wednesday 11/16	Thursday 11/17	Friday 11/18 National Apple Cider Day
<p>Lunch Option #1: Spaghetti and Meatballs with Marinara Sauce</p> <p>Lunch Option #2: Pasta Primavera (pasta tossed in sautéed vegetables with a lemon garlic butter sauce)</p> <p>Sandwich Option #1: Ham and American Cheese on Wheat with Lettuce, Tomato, and Honey Mustard</p> <p>Salad Option #1: Chef Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Cheesy Garlic Bread Mediterranean Blend Vegetables</p> <p>Today's Fruit: Diced Peaches, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Ground Beef Soft Tacos with Shredded Lettuce, Diced Tomato, Shredded Cheese, Sour Cream and Salsa</p> <p>Lunch Option #2: Fiesta Corn and Black Bean Quesadilla with Peppers, Onions, Cheese, Sour Cream and Salsa</p> <p>Sandwich Option #1: Chicken Salad Wrap with Lettuce and Tomato</p> <p>Salad Option #1: Chicken Salad over Garden Salad with Fat Free Ranch and a Whole Grain Roll</p> <p>Today's Sides: Spanish Rice Mexican Pinto Beans</p> <p>Today's Fruit: Apple Slices, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Oven Fried Chicken and Whole Grain Waffles with Sugar Free Syrup</p> <p>Lunch Option #2: Pub Cod Fish Sandwich with Broccoli Slaw</p> <p>Sandwich Option #1: Roast Beef and Swiss with Lettuce, Tomato on a Pretzel Bun</p> <p>Salad Option #1: Cobb Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Sweet Potato Waffle Fries Seasoned Green Beans</p> <p>Today's Fruit: Diced Pears, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Sweet and Sour Chicken</p> <p>Lunch Option #2: Curry Beef and Peppers</p> <p>Sandwich Option #1: Turkey and Cheddar with Lettuce, Tomato on a Kaiser Roll</p> <p>Salad Option #1: Caprese Salad over Spinach Vine Ripe Tomatoes, Fresh Mozzarella, Roasted Red Peppers, Red Onions and Basil with a Whole Grain Roll and Fat Free Balsamic</p> <p>Today's Sides: Scented Jasmine Rice Asian Blend vegetables</p> <p>Today's Fruit: Mixed Grapes, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust</p> <p>Lunch Option #2: Apple Cider Braised Pork Loin with Apple and Pear Chutney and a Whole Grain Roll</p> <p>Sandwich Option #1: Italian Cold Cut</p> <p>Salad Option #1: Antipasto Salad over Field Greens with Fat Free Italian and a Whole Grain Roll</p> <p>Today's Sides: Steamed Baby Carrots Wild Mushroom Risotto</p> <p>Today's Fruit: Mandarin Oranges, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>

Monday 11/21	Tuesday 11/22	Wednesday 11/23	Thursday 11/24	Friday 11/25
<p>Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce</p> <p>Lunch Option #2: Baked Whole Grain Fish Sticks with Tarter Sauce</p> <p>Sandwich Option #1: Oven Fried Chicken Sandwich with Lettuce, Tomatoes, and Pickles</p> <p>Salad Option #1: Barbecue Crispy Chicken Salad with Fat Free Ranch and a Whole Grain Roll</p> <p>Today's Sides: Baked Fries Seasoned Peas</p> <p>Today's Fruit: Tropical Fruit Salad, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>All School Thanksgiving Meal</p> <p>Oven Roasted Turkey Breast with Gravy</p> <p>Green Beans Stuffing Cranberry Sauce Sweet Potato Casserole (Vegetarian Option: Vegetarian "Chicken" Patty with Gravy, Sides, Beverage and Fruit)</p> <p>Whole Apples</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Thanksgiving Break No School</p>	<p>Thanksgiving Break No School</p>	<p>Thanksgiving Break No School</p>
Monday 11/28 National French Toast Day	Tuesday 11/29	Wednesday 11/30		
<p>Lunch Option #1: Whole Grain French Toast Stick with Sugar Free Syrup with Turkey Sausage Patties</p> <p>Lunch Option #2: Chicken Cheesesteak Sub</p> <p>Sandwich Option #1: Ham and American Cheese on Wheat with Lettuce, Tomato, and Honey Mustard</p> <p>Salad Option #1: Chef Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Steamed Baby Carrots Seasoned Potato Wedges</p> <p>Today's Fruit: Diced Peaches, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Ground Beef Soft Tacos with Shredded Lettuce, Diced Tomato, Shredded Cheese, Sour Cream and Salsa</p> <p>Lunch Option #2: Fiesta Corn and Black Bean Quesadilla with Peppers, Onions, Cheese, Sour Cream and Salsa</p> <p>Sandwich Option #1: Chicken Salad Wrap with Lettuce and Tomato</p> <p>Salad Option #1: Chicken Salad over Garden Salad with Fat Free Ranch and a Whole Grain Roll</p> <p>Today's Sides: Spanish Rice Mexican Pinto Beans</p> <p>Today's Fruit: Apple Slices, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Mediterranean Chicken with Sundried Tomatoes and Artichokes</p> <p>Lunch Option #2: Grilled Cheeseburger on a Whole Grain Bun with Lettuce and Tomato</p> <p>Sandwich Option #1: Roast Beef and Swiss with Lettuce, Tomato on a Pretzel Bun</p> <p>Salad Option #1: Cobb Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Sweet Potato Waffle Fries California Blend Vegetables</p> <p>Today's Fruit: Diced Pears, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>		