



# November 2022

## MIDDLE SCHOOL LUNCH

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1 Stacked Taco Bake**  
**Cheeseburger or Hamburger**  
 Pinto Beans ½ c  
 Roasted Street Corn ¼ c  
 Mixed Fruit ½ c  
 Assorted Fresh Fruit ½ c

**Bacon Ranch Chicken**  
**Sandwich**  
**Corndog**  
 Cucumber ¼ c  
 Szechuan Green Beans ½ c  
 Applesauce ½ c  
 Assorted Fresh Fruit ½ c

**3 Baked Potato Bar**  
**Grilled Chicken**  
**Sandwich**  
 Broccoli ½ c  
 Mixed Vegetable ¼ c  
 Diced Peaches ½ c  
 Assorted Fresh Fruit ½ c

**4 Freshly Made**   
**Cheese/ Pepperoni Pizza**  
**Chicken Patty Sandwich**  
 Garden Salad 1 c  
 Carrots ½ c  
 Sliced Pears ½ c  
 Assorted Fresh Fruit ½ c

**7 Cheesy Baked Ziti**   
**Chicken Nuggets**  
 Breadstick 1ea  
 Peas & Carrots ½ c  
 Celery Sticks ¼ c  
 Mandarin Oranges ½ c  
 Assorted Fresh Fruit ½ c

**8 Nacho Bar**  
**Cheeseburger or Hamburger**  
 Bean & Corn Salad ½ c  
 Tomatoes ¼ c  
 Mixed Fruit ½ c  
 Assorted Fresh Fruit ½ c

**9 Cuban Sandwich**  
**Hot Dog**  
 Broccoli ¼ c  
 Sweet Potato Fries ½ c  
 Diced Peaches ½ c  
 Assorted Fresh Fruit ½ c

**10 Spaghetti w/ Meat**  
**Sauce**  
**Grilled Cheese**  
**Sandwich**  
 Green Peas ½ c  
 Baby Carrots ½ c  
 Rosy Applesauce ½ c  
 Assorted Fresh Fruit ½ c

**11**  
 School Closed

**14 Pancakes**  
**with Cheesy Eggs**  
**Ham & Cheese Hoagie**  
 Tater Tots ½ c  
 Carrots ¼ c  
 Diced Pears ½ c  
 Assorted Fresh Fruit ½ c

**15 Baja Chicken**   
**w/ Cilantro Lime Rice**  
**Cheeseburger or Hamburger**  
 Broccoli ¼ c  
 Pineapple Tidbits ½ c  
 Assorted Fresh Fruit ½ c

**16 Bacon BBQ**  
**Cheeseburger**  
**Hot Dog**  
 Carrots ½ c  
 Mix Vegetable Blend ¼ c  
 Applesauce ½ c  
 Assorted Fresh Fruit ½ c

**17 Roast Turkey &**  
**Gravy 1 serv**  
 Mashed Potatoes ½ c  
 Corn ¼ c  
 Pineapple Tidbits ½ c  
 Assorted Fresh Fruit ½ c

**18 Freshly Made Cheese/**  
**Pepperoni Pizza**  
**Chicken Patty Sandwich**  
 Garden Salad 1 c  
 Italian Vegetables ¼ c  
 Sliced Pears ½ c  
 Assorted Fruit ½ c



Happy Thanksgiving

**29 French Toast &**  
**Cheesy Egg**  
**Ham & Cheese Hoagie**  
 Tater Tots ½ c  
 Baby Carrots ¼ c  
 Diced Pears ½ c  
 Assorted Fresh Fruit ½ c

**30 Bean & Cheese**  
**Burrito**  
**Cheeseburger or Hamburger**  
 Corn ½ c  
 Broccoli ¼ c  
 Pineapple Tidbits ½ c  
 Assorted Fresh Fruit ½ c

**31 Chicken & Cheese**  
**Quesadilla**  
**Hot Dog**  
 Rstd Sweet Potatoes ½ c  
 Mix Vegetable Blend ¼ c  
 Diced Peaches ½ c  
 Assorted Fresh Fruit ½ c

Assorted Milk  
Served Daily

1% White  
 White & Chocolate  
 Skim Milk

Assorted Salads and Sandwiches Served Daily

Key: BeWell Healthy Option Vegetarian (Ovo-Lacto) Local Fresh Picks