

November

2022

Lunch Menu 9th-12th Grade

Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dogs w/ Cheesy Tater Tots + Baby Carrots	1 Chicken Teriyaki w/Rice Broccoli + Carrots + Goldfish Cracker	2 Spaghetti and Meatballs w/Side Salad + Squash + Dinner Roll	3 Beef Taco Stick w/ Beans + Salsa	4 Pepperoni Pizza w/ Jicama + Cucumber Slices
7 Corn Dogs w/Potato Wedges + Salad	8 Beef Nachos w/ Beans + Salsa	9 Chicken Sandwich w/ Lettuce and Tomato + Broccoli	10 Cheese Calzones w/ Celery Sticks + Baby Carrots	11 No School
14 Bean And Cheese Burritos w/ Jicama + Cucumbers	15 Beef Hamburger w/ Potato Wedges + Broccoli	16 Pasta Alfredo with Chicken Side Salad + Squash + Breadstick	17 Beef Chalupa w/ Beans + Salsa	18 Pepperoni Pizza w/ Celery Sticks + Baby Carrots
21 Thanksgiving Break	22 Thanksgiving Break	23 Thanksgiving Break	24 THANKSGIVING DAY	25 Thanksgiving Break
28 Chicken Tenders w/Crinkle Cut Potatoes + Corn + Corn Muffin	29 Beef Teriyaki Rice Bowl w/ Broccoli + Carrots + Goldfish	30 Bean and Cheese Pupasas w/ Curtido + Salsa		

At lunch, students are offered all five required food components in at least the minimum required amounts.

The components at lunch are meats/meat alternates; grains; fruit; vegetables; and fluid milk.

Under OVS, a student must take at least three components in the required serving sizes.

One selection must be at least ½ cup from either the fruit or vegetable component.

There will be additional fruits and vegetable options available for all students.