






# NOVEMBER 2018 MID-HS LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b><u>DELI SANDWICH BAR</u></b>  <b><u>EXPRESS SALADS</u></b>  <b><u>OFFERED DAILY!</u></b>  <b><u>OFFERED DAILY!</u></b></p>	<p><b>1</b> CHICKEN NUGGETS &amp; FRIES, WHOLE GRAIN ROLL            COLESLAW, PEARS &amp; APPLESAUCE.            MILK CHOICES</p>	<p><b>2</b> GARLIC DIPPING STICKS WITH RED SAUCE            BAKED BEANS, CELERY STICKS            BROCCOLI BUDS, FRUIT            MILK CHOICES</p>
<p><b>5</b> CHICKEN NACHOS!            MEXICAN RICE, CORN, FRUIT            FRUIT AND VEGGIE BAR            BLUEBERRY CRISP            MILK CHOICES</p>	<p><b>6</b> CORN CHOWDER            TURKEY SANDWICH            RED GRAPES, BROCCOLI            FRUIT &amp; VEGGUE BAR            MILK CHOICES</p>	<p><b>7</b> PIZZA SLICES            WITH ASSORTED TOPPING            CARROT STICKS            ASSORTED FRUIT &amp; VEGGIES            MILK CHOICES</p>	<p><b>8</b> GRILLED CHICKEN ON A BUN, BBQ BAKED BEANS            GARDEN SALAD, PINEAPPLE            FRUIT &amp; VEG. BAR            MILK CHOICES</p>	<p><b>9</b> <b><u>NO SCHOOL TODAY!</u></b>   <b><u>TEACHER INSERVICE!</u></b></p>
<p><b>12</b> <b><u>VETERAN'S DAY!</u></b>   <b><u>NO SCHOOL TODAY!</u></b></p>	<p><b>13</b> TACO BOATS            RED BEANS &amp; RICE            CORN            FRUIT &amp; VEGGIE CHOICES            MILK CHOICES</p>	<p><b>14</b> <b><u>BRUNCH FOR LUNCH!</u></b>            FR. TOAST STICKS, SAUSAGE            SYRUP, APPLESAUCE            ASSORTED FRUIT &amp; VEGGIES            MILK CHOICES</p>	<p><b>15</b> GARLIC DIPPING STICKS            WITH DIPPING SAUCE            CAESAR SALAD            FRUIT &amp; VEG. BAR            MILK CHOICES</p>	<p><b>16</b> THANKSGIVING DINNER            WITH ALL THE TRIMMINGS            STUFFING, CRANBERRY            SALAD BAR, SHERBERT CUPS            MILK CHOICES</p>
<p><b>19</b> CHICKEN BURGERS            PICKLED BEETS, BROCCOLI            WITH RANCH DIP            FRESH &amp; CANNED FRUITS            MILK CHOICES</p>	<p><b>20</b> TOMATO SOUP WITH            GRILLED CHEESE SANDWICH            MANDARIN ORANGES            FRUIT &amp; VEGGIE CHOICES            MILK CHOICES</p>	<p><b>21</b> <b><u>NO SCHOOL!</u></b>   </p>	<p><b>22</b> <b><u>NO SCHOOL!</u></b>   </p>	<p><b>23</b> <b><u>NO SCHOOL!</u></b>   </p>
<p><b>26</b> SPAGHETTI WITH            MEAT SAUCE, GARILC ROLL            SALAD AND PEAS            FRUIT AND VEGGIE BAR            MILK CHOICES</p>	<p><b>27</b> BBQ PULLED PORK SUB            TOSSED GARDEN SALAD            VEGGIE STICKS            ASSORTED FRUITS            MILK CHOICES</p>	<p><b>28</b> CHICKEN DIPPERS            GARLIC MASHED POTATO            WHOLE GRAIN ROLL            FRUIT &amp; VEGGIE BAR            MILK CHOICES</p>	<p><b>29</b> ROTINI MAC &amp; CHEESE            WITH A HOT DOG            BROCCOLI, PEACHES            FRUIT &amp; VEG. BAR            MILK CHOICES</p>	<p><b>30</b> BIG DADDY'S PIZZA            WITH ASSORTED TOPPING            BAKED BEANS, CELERY STICKS            FRUIT &amp; VEGGIE BAR            MILK CHOICES</p>

QUESTIONS, COMMENTS OR CONCERNS, PLEASE CONTACT BARBARA BONNELL, NUTRITION DIRECTOR-465-7384 or bbonnell@rsu18.org

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