


LAINGSBURG HIGH SCHOOL ~ NOVEMBER 2017 ~ LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 *NACHOS DELUXE *FIESTA PIZZA PEAS APPLESAUCE	2 *CHEESE PIZZA *ROASTED TURKEY BREAST MASHED POTATOES & GRAVY ROLL JUICE	3 *POPCORN CHICKEN *FISH NUGGETS W/ROLL CAULIFLOWER SLICED PEARS
6 *PEPPERONI PIZZA *BEEF TACO QUESADILLA CORN MANDARIN ORANGES	7 *MINI CORN DOGS *TURKEY BURGER W/CHEESE SWEET POTATOES TROPICAL FRUIT	8 *CHEESE QUESADILLA *STEAK FAJITA REFRIED BEANS FRESH FRUIT	9 *SPAGHETTI W/MEATBALLS *FLATBREAD PIZZA ROMAINE LETTUCE SALAD JUICE BREADSTICK	10 *CHICKEN NUGGETS *BBQ RIBLETS GREEN BEANS CINNAMON APPLESAUCE ROLL
13 *CHICKEN FRIES *DOUBLE STUFFED PIZZA CAULIFLOWER SLICED PEARS	14 *GRILLED CHEESE SANDWICH *CHEESEBURGER W/LETTUCE & TOMATO TOMATO SOUP MANDARIN ORANGES	15 *WALKING TACO *RED CHILI BURRITO REFRIED BEANS JUICE	16 *PIG-N-BLANKET *MEATBALL SUB BROCCOLI PINEAPPLE TIDBITS	17 *CHICKEN PATTY W/ROLL *FISH SUB W/ LETTUCE & TOMATO MASHED POTATOES & GRAVY FROZEN STRAWBERRIES
20 *MINI CORN DOGS *SPICY CHICKEN PATTY SANDWICH FRENCH FRIES FRUIT COCKTAIL	21 *CHICKEN NUGGETS W/ROLL *FLATBREAD PIZZA GREEN BEANS DICED PEACHES	22 NO SCHOOL	23 NO SCHOOL  Happy Thanksgiving	24 NO SCHOOL
27 *MOZZARELLA STICKS *TURKEY BURGER W/CHEESE BAKED BEANS SLICED PEARS	28 *DOUBLE STUFFED PIZZA *BBQ RIBLETS W/ROLL WAX BEANS W/RED PEPPERS STRAWBERRY BANANA APPLESAUCE	29 *NACHOS DELUXE *CHICKEN QUESADILLA PEAS JUICE	30 *PEPPERONI PIZZA *BAKED POTATO W/HAM & CHEESE W/ROLL ROMAINE SALAD PINEAPPLE TIDBITS	

THE FOLLOWING ITEMS WILL BE AVAILABLE DAILY A LA CARTE:

GOLD SUBS - HAM OR TURKEY & HOT SUBS - TURKEY, HAM, OR PIZZA, & BOSCO STICKS

MONDAY: CHICKEN CAESAR SALAD

TUESDAY: SOUTHWESTERN SPICY CHICKEN

WEDNESDAY: CHICKEN CAESAR SALAD

THURSDAY: BLT SALAD

FRIDAY: CHICKEN CAESAR SALAD

SALAD BAR:

M-W-F ~ CHEF SALAD W/ TURKEY OR HAM / T & TH ~ TACO SALAD

ADD FRUIT AND MILK TO ANY OF THE ABOVE AND IT COUNTS AS A FULL LUNCH.

Milk is offered with every lunch meal & all milk is 1% white or fat free

We use whole grain/whole wheat for all of our breads, buns, & breading.

Condiments used are: ketchup, mustard, pickles, taco sauce, & sour cream

Dressings used: Ranch, Italian, & Honey mustard

The USDA is an equal opportunity provider and employer.



NOVEMBER 2017 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CHOICE OF CEREAL ENGLISH MUFFIN W/JELLY FRESH FRUIT	2 POP TART FRUIT JUICE	3 SCRAMBLED EGGS W/HAM & CHEESE TOAST W/BUTTER RAISINS JUICE
6 YOGURT TOAST W/JELLY FRUIT JUICE	7 CHOICE OF CEREAL GRAHAM CRACKERS FRESH FRUIT	8 BLUEBERRY MUFFIN SAUSAGE FRUIT JUICE	9 CHOICE OF CEREAL TOAST RAISINS JUICE	10 STRAWBERRY CREAM CHEESE BAGEL FRUIT JUICE
13 CHOICE OF CEREAL TOAST W/JELLY FRUIT JUICE	14 BLUEBERRY MUFFIN SAUSAGE RAISINS JUICE	15 CHEESE OMELET ENGLISH MUFFIN W/BUTTER FRESH FRUIT	16 CINNAMON ROLL FRUIT JUICE	17 STRAWBERRY NUTRI-GRAIN BAR FRUIT JUICE
20 YOGURT GRAHAM CRACKERS CRAISINS JUICE	21 CHOICE OF CEREAL ENGLISH MUFFIN W/JELLY FRUIT JUICE	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
27 CHOICE OF CEREAL TOAST W/JELLY FRUIT JUICE	28 CHOCOLATE MUFFIN SAUSAGE FRUIT JUICE	29 BREAKFAST PIZZA FRESH FRUIT	30 APPLE CINNAMON CHEERIOS BAR FRUIT JUICE	