


# LAINGSBURG MIDDLE 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  <p style="text-align: center;">NO SCHOOL</p>	23  <p style="text-align: center;">NO SCHOOL</p>  Happy Thanksgiving	24  <p style="text-align: center;">NO SCHOOL</p>
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, & breadings.

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 GRAHAM CRACKERS FRESH FRUIT	2 POP TART FRUIT JUICE	3 CHOICE OF CEREAL GRAHAM CRACKERS RAISINS JUICE
6 YOGURT GRAHAM CRACKERS FRUIT JUICE	7 CHOICE OF CEREAL GRAHAM CRACKERS FRESH FRUIT	8 BLUEBERRY BREAKFAST BAR FRUIT JUICE	9 CHOICE OF CEREAL GRAHAM CRACKERS RAISINS JUICE	10 STRAWBERRY CREAM CHEESE BAGEL FRUIT JUICE
13 CHOICE OF CEREAL GRAHAM CRACKERS FRESH FRUIT	14 BLUEBERRY MUFFIN FRUIT JUICE	15 CHOICE OF CEREAL GRAHAM CRACKER FRESH FRUIT	16 CINNAMON ROLL FRUIT JUICE	17 STRAWBERRY NUTRI-GRAIN BAR FRUIT JUICE
20 YOGURT GRAHAM CRACKERS CRAISINS JUICE	21 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE	22  NO SCHOOL	23  NO SCHOOL	24  NO SCHOOL
27 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE	28 CHOCOLATE MUFFIN FRUIT JUICE	29 CHOICE OF CEREAL GRAHAM CRACKERS FRESH FRUIT	30 APPLE CINNAMON CHEERIOS BAR FRUIT JUICE	