

LAINSBURG MIDDLE SCHOOL ~ NOVEMBER 2016 ~ LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 *CHICKEN PATTY ON A W/W BUN *MOZZARELLA STICKS W /MARINARA SAUCE PINEAPPLE TIDBITS	1 *CHEESEBURGER ON A W/W BUN *SPICY CHICKEN PATTY ON A W/W BUN FRENCH FRIES TROPICAL FRUIT KETCHUP, MUSTARD, & PICKLES	2 *SOFT TACO W / MEAT, LETTUCE, & CHEESE ON A W/W TORTILLA *FIESTA PIZZA REFRIED BEANS W / CHIPS JUICE SALSA, SOUR CREAM, TACO SAUCE	3 *MACARONI & CHEESE W W/W ROLL *CORN DOG GREEN BEANS FRESH FRUIT	4 *PIZZA ROUND *HAM & CHEESE SANDWICH W/ LETTUCE & TOMATO CARROTS RASPBERRY APPLESauce
7 *POPCORN CHICKEN W / ROLL *FLAT BREAD PIZZA CALIFLOWER DICED PEACHES HONEY MUSTARD / KETCHUP	8 *SPAGHETTI W / MEAT SAUCE ROLL *PIZZA ROUND BROCCOLI JUICE	9 *NACHO DELUXE W / MEAT, BEANS, & CHEESE SAUCE CHIPS *CHICKEN QUESADILLA REFRIED BEANS PEAR HALF SOUR CREAM / SALSA	10 *MOZZARELLA STICKS W/MARINARA *CHEESEBURGER ON A W/W BUN BABY CARROTS W / RANCH DIP APPLESAUCE KETCHUP, MUSTARD, & PICKLES	11 *PEPPERONI PIZZA *SPICY CHICKEN TENDERS PEAS FRESH FRUIT HONEY MUSTARD, KETCHUP, BBQ SAUCE
14 *CHICKEN PATTY W / ROLL *RIB-B-QUE ON A W/W BUN MASHED POTATOES & GRAVY PINEAPPLE TIDBITS BBQ SAUCE	15 * TURKEY BURGER ON A W/W BUN *BAKED POTATO W / HAM & CHEESE SOUR CREAM BROCCOLI FRESH FRUIT KETCHUP, MUSTARD, RANCH	16 *CHEESE QUESADILLA *CHICKEN FAJITA ON A W/W TORTILLA REFRIED BEANS W / CHIPS JUICE SOUR CREAM & SALSA	17 *FISH NUGGETS *CHICKEN PARMESAN W / W/G PASTA CALIFLOWER STRAWBERRY /BANANA/APPLESAUCE	18 *FRENCH BREAD PIZZA *CHICKEN NOODLE SOUP W / CRACKERS CARROTS FRESH FRUIT
21 *CHICKEN NUGGETS *MOZZARELLA STICKS W / MARINARA BROCCOLI APPLESAUCE KETCHUP / BBQ SAUCE	22 *SLOPPY JOE ON A W/W BUN *TURKEY BURGER ON A W/W BUN BAKED BEANS TROPICAL FRUIT MIX KETCHUP, MUSTARD, PICKLES	23  SCHOOL CLOSED – THANKSGIVING BREAK	24	25
28 *GRILLED CHICKEN SANWICH ON A W/W BUN *FISH SANDWICH ON A W/W BUN LETTUCE MIX SALAD DICED PEACHES TARTER SAUCE, HONEY MUSTARD, OR RANCH DRESSING	29 *MINI CORN DOGS *BBQ PORK SANDWICH ON A W/W BUN SWEET POTATO FRIES JUICE KETCHUP / MUSTARD	30 *WALKING TACOS W / MEAT, CHEESE, LETTUCE, & DORITOS *CHICKEN QUESADILLA PINTO BEANS FRESH FRUIT SALSA, SOUR CREAM, TACO SAUCE	1 *PIG-N-BLANKET *HOT HAM & CHEESE SUB CORN CINNAMON APPLESauce KETCHUP / MUSTARD	2 *SAUSAGE PIZZA *CHILI W / CHEESE & CRACKERS BROCCOLI MANDARIN ORANGES


THE FOLLOWING ITEMS WILL BE AVAILABLE DAILY A LA CARTE:
COLD SUBS
HOT PIZZA SUBS
 ON M-W-F THE SALAD BAR WILL HAVE TURKEY MEAT.
 ON T & TH THE SALAD BAR WILL HAVE TACO MEAT.
 ADD FRUIT AND MILK TO ANY OF THE ABOVE AND IT COUNTS AS A FULL LUNCH.

The USDA is an equal opportunity provider and employer. Middle School breakfast available daily by contacting building principal.

Milk is offered with every lunch meal & all milk is 1% white or fat free chocolate.
 W/G= Whole Grain & W/W = Whole Wheat



NOVEMBER 2016 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHOICE OF CEREAL FRUIT JUICE MILK	2 YOGURT GRAHAM CRACKERS FRUIT JUICE MILK	3 POPTART FRUIT JUICE MILK	4 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE MILK
7 BLUEBERRY MUFFIN FRUIT JUICE MILK	8 POPTART FRUIT JUICE MILK	9 CHOICE OF CEREAL GRAHAM CRACKERS JUICE MILK	10 YOGURT GRAHAM CRACKERS FRUIT JUICE MILK	11 CHOICE OF CEREAL FRUIT JUICE MILK
14 CHOICE OF CEREAL FRUIT JUICE MILK	15 BLUEBERRY GRANOLA BAR FRUIT JUICE MILK	16 CHOICE OF CEREAL FRUIT JUICE MILK	17 CINNAMON ROLL FRUIT JUICE MILK	18 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE MILK
21 BLUEBERRY MUFFIN FRUIT JUICE MILK	22 CHOICE OF CEREAL FRUIT JUICE MILK	23 	SCHOOL CLOSED – THANKSGIVING BREAK	
28 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE MILK	29 POPTART FRUIT JUICE MILK	30 BLUEBERRY GRANOLA BAR FRUIT JUICE MILK		