

# High School Lunch Menu

## November 2021

Daily Options Nutrition Info

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Meatball Sub Crinkle Cut Fries Corn Assorted Fresh Fruit Assorted Canned Fruit	2	-No School-	3	-Early Release- Chicken Burrito Seasoned Black Beans Assorted Fresh Fruit Assorted Canned Fruit	4	Hearty Beef Chili Baby Carrots Corn Bread Assorted Fresh Fruit Assorted Canned Fruit	5	Chicken Alfredo Sauce WG Pasta Steamed Broccoli Caesar Salad Breadstick Assorted Fresh Fruit Assorted Canned Fruit
8	Chicken Tenders Steamed Broccoli Brown Rice Pilaf Assorted Fresh Fruit Assorted Canned Fruit	9	Sloppy Joe on a Bun Sweet Potato Fries Assorted Fresh Fruit Assorted Canned Fruit	10	Oven Roasted Turkey Mashed Potatoes with Gravy Green Beans Carrots Stuffing Cranberry Sauce Assorted Fresh Fruit Assorted Canned Fruit	11	-No School- -Veteran's Day-	12	French Toast Sticks Hash Browns Sausage Patty Syrup Assorted Fresh Fruit Assorted Canned Fruit
15	Steak and Cheese Sub Crispy Baked Fries Assorted Fresh Fruit Assorted Canned Fruit	16	Chicken Fajitas Sauteed Onions & Peppers Fiesta Corn & Black Bean Salad Spanish Rice Salsa Assorted Fresh Fruit Assorted Canned Fruit	17	American Chop Suey Mixed Vegetables Assorted Fresh Fruit Assorted Canned Fruit	18	Grilled Cheese Sandwich Creamy Tomato Soup Baby Carrots Assorted Fresh Fruit Assorted Canned Fruit	19	Chicken Stir Fry Broccoli Red Peppers Assorted Fresh Fruit Assorted Canned Fruit
22	BBQ Pulled Pork Coleslaw Corn Mac & Cheese Side Assorted Fresh Fruit Assorted Canned Fruit	23	Chicken Pot Pie Carrots Peas Dinner Roll Assorted Fresh Fruit Assorted Canned Fruit	24	-Thanksgiving Break- -No Lunch-	25	-Thanksgiving Break- -No School-	26	-Thanksgiving Break- -No School-
29	Chicken Parmesan with Pasta Green Beans Cheesy Breadstick Assorted Fresh Fruit Assorted Canned Fruit	30	Beef Tacos Seasoned Black Beans Lettuce And Tomato Brown Rice Salsa Cheddar Cheese Sauce Assorted Fresh Fruit Assorted Canned Fruit	<p><b>FREE Breakfast and Lunch for All for the 2021-2022 School Year!</b></p> <p><i>Menu is subject to change without notice. Due to major issues in the food supply chain, we may have to substitute items and therefore nutrition information may not be up to date. Please reach out to the Director of Food Services, Emily Cook (978-777-8925 x2388), or your school's cafeteria with questions regarding nutrition/allergy information.</i></p>					

**Daily Alternate Lunch Options:**  
 Freshly Made Salads  
 Assorted Deli Sandwiches  
 Bagel Meals  
 Hamburger or Cheeseburger  
 Chicken Patty  
 Pizza  
 Calzones

Nachos with Spicy Beef and Cheese

**Daily Available Gluten Free Menu:**  
 (For students with gluten allergies only)

GF Pizza

GF Chicken Nuggets

GF Hamburger or Cheeseburger

GF Hot Dog and Roll

**A La Carte Items (Available for Purchase):**

8oz water: \$0.75

16oz water: \$1.00

Seltzer/Flavored water: \$1.25

All snacks: \$1.25

*Milk is included with a lunch (1% white milk or fat-free chocolate milk).*

**\*\*Second lunches are not free and cannot be charged. Your student must have money on hand or in their account to purchase a second lunch.\*\***