



**What is a Meal?**

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch. Meat or meat alternate. Choice of Vegetable. Choice of Fruit. Grain/Bread. Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry.

**Weekly Vegetable Subgroups May Include:**

Dark Green - spinach, broccoli, romaine and spring salad. Red/Orange - carrots, sweet potatoes, tomatoes and red peppers. Legumes - beans and peas. Starchy - potatoes, corn, peas & lima beans. Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers.

**Daily Fruit Selections May Include:**

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges.

**Leave Your Lunch at Home**

Daily entrée options may include: Cheese Burger on a Bun, Chicken Patty on a Bun, Chicken Nuggets with Pretzel Stick, Cheese or Pepperoni Pizza.

**UP FOR GRABS**

Chicken Caesar Salad with Dinner Roll, Strawberry Spinach Salad with Dinner Roll, Chopped Garden Salad with Dinner Roll, Taco Salad with Dinner Roll, Asian BBQ Chicken Wrap, Chicken Caesar Wrap, Club Sandwich Wrap.

Turkey & Cheese Flat Bread, Buffalo Chicken Roll Up Wrap, Turkey & Spinach Roll Up Wrap.

Beets are this month's Nutritious Friend. Give 'em a try!



**Beat-head BEET**

Lunch Prices: Student \$2.90, Student Tier \$3.85, Reduced \$4.00, Adult \$3.75, Adult Tier \$4.70.

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**Monday**

11/19/2018

**THANKSGIVING DINNER**

Roasted Turkey  
Mashed Potatoes  
Bread Stuffing  
Turkey Gravy

**Featured Veggies:**

Garden Peas  
Pumpkin Pie  
Choice of Fruit  
Choice of Milk

**Tuesday**

11/20/2018

Early Dismissal  
for Conferences

**No Lunch Service**

**Wednesday**

11/21/2018

NO SCHOOL  
Afternoon & Evening  
Conferences

**Thursday**

11/22/2018

Thanksgiving Recess



**Friday**

11/23/2018

Thanksgiving Recess

11/26/2018

Thanksgiving Recess



**Pizza Bar**

Variety of Pizzas  
Garlic Bread Stick  
or  
Double Bacon Cheese  
Burger (T)

**Featured Veggies:**

Green Beans  
Spinach Salad  
Choice of Fruit  
Choice of Milk

**National French Toast Day**

French Toast Sticks  
With Sausage Patties  
or  
Nachos Grande  
Tortilla Chips

**Featured Veggies:**

Tater Tots  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

**CHEESE STEAK GRILLE**

Philly Steak & Cheese  
Calzone(T)  
or  
Texas Toasted  
Cheese Sandwich

**Featured Veggies:**

Tomato Soup  
Tater Tots  
Choice of Fruit  
Choice of Milk

11/30/2018

BBQ Ribby  
On a Bun  
or  
Pepperoni Roll(T)  
with dipping sauce

**Featured Veggies:**

Baby Carrots  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

12/3/2018

Turkey & Cheese Melt  
On a Croissant  
or  
Chicken Mash Potato  
Bowl (T)

**Featured Veggies:**

Mashed Potatoes  
Steamed Corn  
Choice of Fruit  
Choice of Milk

**WING BAR(T)**

Boneless or Bone-In  
Choice of Sauce  
or  
Macaroni & Cheese

**Featured Veggies:**

Black Beans  
Stewed Tomatoes  
Choice of Fruit  
Choice of Milk

12/5/2018

Toasted Spicy Chicken  
Quesadilla  
or  
General Tso Chicken(T)  
w/Fried Rice & Egg Roll

**Featured Veggies:**

Broccoli  
Curley Fries  
Choice of Fruit  
Choice of Milk

**BURGER BAR**

Featuring the Jaguar(T)  
Choice of Toppings  
or  
Nachos Grande  
Tortilla Chips

**Featured Veggies:**

Yellow Beans  
Caesar Salad  
Choice of Fruit  
Choice of Milk

12/7/2018

Open Face Meatball  
Parmesan on Garlic Toast  
or  
Big Daddy's  
Pizza (T)

**Featured Veggies:**

Cucumber Salad  
Steamed Carrots  
Choice of Fruit  
Choice of Milk

12/10/2018

Philly Steak & Cheese  
Try a Large for Tier Price  
or  
Chicken Patty on a Bun  
Spicy or Regular

**Featured Veggies:**

Tater Tots  
Cherry Tomatoes  
Choice of Fruit/Milk  
**2 Hour Delay**

12/11/2018

Pulled BBQ Pork  
On a Pretzel Roll  
or  
Double Bacon Cheese  
Burger (T)

**Featured Veggies:**

Potato Wedges  
Caesar Salad  
Choice of Fruit  
Choice of Milk

12/12/2018

Italian Dunker  
with dipping sauce  
or  
Italian Meatball  
Calzone(T)

**Featured Veggies:**

Black Beans  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

**TJ CHIPOTLE GRILL**

Our Version of Chipotle(T)  
On a Soft Tortilla  
or  
Double Dog Dare Ya!  
2 for 1 Hot Dogs

**Featured Veggies:**

Green Beans  
Caesar Salad  
Choice of Fruit  
Choice of Milk

12/14/2018

Popcorn Chicken  
or  
Pepperoni Roll(T)  
with Sauce

**Featured Veggies:**

Baby Carrots  
Apple Cider Slaw  
Choice of Fruit  
Choice of Milk

12/17/2018

Cheese Burger  
On a Bun  
or  
Chicken Mash Potato  
Bowl (T)

**Featured Veggies:**

Mashed Potatoes  
Steamed Corn  
Choice of Fruit  
Choice of Milk

**NACHO BAR**

Nachos Grande  
Choice of Toppings  
or  
Chicken Patty on a Bun  
Spicy or Regular

**Featured Veggies:**

Mexicali Corn  
Tomato & Onion Salad  
Choice of Fruit  
Choice of Milk

**WING BAR(T)**

Boneless or Bone-In  
Choice of Sauce  
or  
French Toast Sticks  
With Sausage Patties

**Featured Veggies:**

Potato Triangles  
Ranchero Carrots  
Choice of Fruit  
Choice of Milk

**VILLA TOSCANO GRILLE**

Pasta Bar  
Garlic Bread Stick  
or  
Mini Pepperoni Calzones(T)  
with dipping sauce

**Featured Veggies:**

Steamed Broccoli  
Celery Sticks with Ranch  
Choice of Fruit  
Choice of Milk

12/21/2018

Pierogi Meal  
String Cheese  
or  
Big Daddy's  
Pizza (T)

**Featured Veggies:**

Cherry Tomatoes  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

12/24/2018

**HOLIDAY RECESS**



12/25/2018

**HOLIDAY RECESS**

12/26/2018

**HOLIDAY RECESS**

12/27/2018

**HOLIDAY RECESS**

12/28/2018

**HOLIDAY RECESS**

