Junior High Lunch Menu November 2019

Meatball Pizza Sub

Tater Tots Fresh Apples Milk: Skim, 1% or Chocolate Skim

Chicken Fried Steak

Mashed Potato w/Gravy Dinner Roll Milk: Skim, 1% or Chocolate Skim

Chili Mac w/Corn Muffin

Steamed Broccoli Fresh Apple Milk: Skim, 1% or Chocolate Skim

6

Pancake, Sausage & Eggs

Tater Tots Fresh Banana Milk: Skim, 1% or Chocolate Skim

Riblet SDW French Fries

Steamed Carrots Mixed Fruit Milk: Skim, 1% or Chocolate Skim

Wings of Fire

Vegetarian Baked **Beans** Milk: Skim. 1% or Chocolate Skim

Salisbury Steak Parsley Noodles W/Rosemary Gravy

Green Peas Fresh Banana Milk: Skim, 1% or Chocolate Skim

12

Mashed Potato Bowl w/Biscuit

Whole Kernel Corn Fresh Grapes Milk: Skim, 1% or Chocolate Skim

13

Roasted Chicken Mashed Potatoes

Green Beans Cup Applesuace Milk: Skim, 1% or Chocolate Skim

14

Chicken Taco Salad in Tortilla Bowl

Refried Beans Fresh Banana Milk: Skim, 1% or Chocolate Skim

15

Grilled Cheese SDW Tomato Soup

Fresh Apples Milk: Skim, 1% or Chocolate Skim

18

Pancakes w/Turkey Sausage Links

Tater Tots Cup Diced Pears Milk: Skim. 1% or Chocolate Skim

19

Chicken Pot Pie

Mixed Vegetables Cup Applesauce Milk: Skim, 1% or Chocolate Skim

20

27

Sliced Turkey w/Gravy Cornbread Stuff Dinner Roll

Kale Greens Fresh Banana Milk: Skim, 1% or Chocolate Skim

21

Meatloaf w/Gravy Mashed Sweet Potato Dinner Roll

Cup of Mixed Fruit Milk: Skim. 1% or Chocolate Skim

22

Wings of Fire

Vegetarian Baked **Beans** Fresh Grapes Milk: Skim. 1% or Chocolate Skim

25

26

NO SCHOOL

STAFF DEVELOPMENT

29

NO SCHOOL THANK SGIVING HOLIDAY

More info... Staff Lunch served daily at Gary

Gore between 11:30am – 1:00 pm

Staff Lunch: \$3.75

More info... Pick 3 items to create a meal. Fresh fruit: Fresh Salad Bar: SBJ Sandwich: 1% Milk; Skim Chocolate

This institution is an equal opportunity provider.

