



Middle School High School Menu

October/
November-19

Middle School/ High School
Lunch Prices
Student Full Price- \$3.55
Student Reduced Price- .40¢
Non-Enrolled Student- 4.15
Milk- .50¢

	Pagoda Garden	La Casita	Little Italy	Sam's Burger Stand
MONDAY 10/28	Chicken, General TSO Stir Fried Rice Egg Roll Garden Salad w/Ranch Steamed Broccoli	Beef Tamales Steamed Broccoli Spanish Rice Fresh Salsa	Choice of: Pepperoni or Cheese Pizza Garden Salad w/ Ranch Steamed Broccoli Breadstick	Choice of: Hamburger, Cheeseburger , Meatball Sub, or Chicken Nuggets Steamed Broccoli Potato Smiles
TUESDAY 10/29	Tangerine Chicken Stir Fried Rice Egg Roll Garden Salad w/ Ranch Green Beans	Frito Pie Pinto Beans Fresh Salsa Green beans Cornbread	Choice of: Pepperoni or Cheese Pizza Garden Salad w/ ranch Green Beans	Choice of: Hamburger, Cheeseburger, or Chopped BBQ Sandwich Green Beans Potato Smiles
WEDNESDAY 10/30	Chicken, General TSO Stir Fried Rice Egg Roll Garden Salad w/Ranch Mexicali Corn	Crispy Beef Tacos Spanish Rice Mexicali Corn Fresh Salsa	Choice of: Pepperoni or Cheese Pizza Garden Salad w/ Ranch Mexicali Corn	Choice of: Hamburger, Cheeseburger, or Spicy Chickenburger Sweet Potato Puffs Mexicali Corn Apple Crisp
THURSDAY 10/31	Tangerine Chicken Stir Fried Rice Egg Roll Garden Salad w/ Ranch Mixed Vegetables	Bean & Cheese Chalupa Mixed Veggies Fresh Salsa Cornbread	Choice of: Pepperoni or Cheese Pizza Garden Salad w/Ranch Mixed Vegetables	Choice of: Baked Chicken or Chicken Fried Steak Mashed Potatoes w/Gravy Mixed Veggies Dinner Roll
FRIDAY 11/1	Chicken, General TSO Stir Fried Rice Egg Roll Garden Salad w/Ranch Black Beans	Beef & Cheese Nachos Pinto Beans Spanish Rice Fresh Salsa	Choice of: Pepperoni or Cheese Pizza Garden Salad w/ Ranch Black Beans	Choice of: Hamburger or Cheeseburger Baked Beans Potato Smiles Sweet Potato Puffs

LUNCH SIDES OFFERS ASSORTED HOT & COLD VEGGIES, FRESH & PREPARED FRUITS, AND MILK VARIETIES DAILY!

THE LUNCH MENU- Students MUST select 3-5 different food components to make a reimbursable meal. One item MUST be a fruit or a vegetable. If proper food components are not selected, students will be charged a la carte pricing.

Menu is subject to change and substitutions may occur due to availability of product , school schedule changes, early release days, holidays, and special promotions. The United States Department of Agriculture requires all schools participating in the federal child nutrition programs (NSLP and School Breakfast Program) to implement the regulations regarding the Healthy, Hunger Free Kids Act of 2010. To see more on the regulations, please visit squaremeals.org. This institution is an equal opportunity employer.

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MONDAY 11/4	Tangerine Chicken Stir Fried Rice Egg Roll Garden SALAD W/Ranch Steamed Broccoli	Chicken Tamales Fresh SALSA Spanish Rice Steamed Broccoli	Choice of: Pepperoni Pizza OR Cheese Pizza Garden Salad w/Ranch Steamed Broccoli	Choice of: Hamburger, Cheeseburger, or Meatball Sub Steamed Broccoli Potato Smiles Sweet Potato Puffs
TUESDAY 11/5	Chicken, General TSO Stir Fried Rice Egg Roll Garden Salad W/Ranch Green Beans	Chicken Quesadilla Pinto Beans Fresh Salsa Green Beans Cornbread	Choice of: Pepperoni Pizza or Cheese Pizza Garden Salad w/ Ranch Green Beans	Choice of: Hamburger, Cheeseburger, or Meatloaf Mashed Potatoes w/Gravy Potato Smiles Green Beans
WEDNESDAY 11/6	Tangerine Chicken Stir Fried Rice Egg Roll Garden Salad w/ Ranch Mexicali Corn	Cheese Enchiladas Fresh Salsa Mexicali Corn Spanish Rice	Choice of: Pepperoni or Cheese Pizza Garden Salad w/ Ranch Mexicali Corn Breadstick	Choice of: Chicken Burger or Spicy Chicken Burger Potato Smiles Sweet Potato Puffs Mexicali Corn
THURSDAY 11/7	Chicken, General TSO Stir Fried Rice Egg Roll Garden Salad w/Ranch Steamed Broccoli	Chicken Fajitas Pinto Beans Fresh Salsa Cornbread	Choice of: Pepperoni , Cheese Pizza or Spaghetti w/Meat Sauce Mixed Vegetables Breadstick	Choice of: Hamburger, Cheeseburger, or Chicken Nuggets Mixed Vegetables Potato Smiles
FRIDAY 11/8	Tangerine Chicken Stir Fried Rice Egg Roll Garden Salad w/Ranch	Bean & Cheese Tacos Steamed Carrots Fresh Salsa Spanish Rice	Choice of: Pepperoni or Cheese Pizza Mixed Veggies Garden Salad w/Ranch Steamed Carrots	Choice of: Hamburger or Cheeseburger Steamed Carrots Potato Smiles Baked Beans

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MONDAY 11/11	Chicken, General TSO Stir Fried Rice Egg Roll Garden Salad w/Ranch Steamed Broccoli	Beef Tamales Steamed Broccoli Spanish Rice Fresh Salsa	Choice of: Pepperoni or Cheese Pizza Garden Salad w/ Ranch Steamed Broccoli Breadstick	Choice of: Hamburger, Cheeseburger , Meatball Sub, or Chicken Nuggets Steamed Broccoli Potato Smiles
TUESDAY 11/12	Tangerine Chicken Stir Fried Rice Egg Roll Garden Salad w/ Ranch Green Beans	Frito Pie Pinto Beans Fresh Salsa Green beans Cornbread	Choice of: Pepperoni or Cheese Pizza Garden Salad w/ ranch Green Beans	Choice of: Hamburger, Cheeseburger, or Chopped BBQ Sandwich Green Beans Potato Smiles
WEDNESDAY 11/13	Chicken, General TSO Stir Fried Rice Egg Roll Garden Salad w/Ranch Mexicali Corn	Crispy Beef Tacos Spanish Rice Mexicali Corn Fresh Salsa	Choice of: Pepperoni or Cheese Pizza Garden Salad w/ Ranch Mexicali Corn	Choice of: Hamburger, Cheeseburger, or Spicy Chickenburger Sweet Potato Puffs Mexicali Corn Apple Crisp
THURSDAY 11/14	Tangerine Chicken Stir Fried Rice Egg Roll Garden Salad w/ Ranch Mixed Vegetables	Bean & Cheese Chalupa Mixed Veggies Fresh Salsa Cornbread	Choice of: Pepperoni or Cheese Pizza Garden Salad w/Ranch Mixed Vegetables	Choice of: Baked Chicken or Chicken Fried Steak Mashed Potatoes w/Gravy Mixed Veggies Dinner Roll
FRIDAY 11/15	Chicken, General TSO Stir Fried Rice Egg Roll Garden Salad w/Ranch Black Beans	Beef & Cheese Nachos Pinto Beans Spanish Rice Fresh Salsa	Choice of: Pepperoni or Cheese Pizza Garden Salad w/ Ranch Black Beans	Choice of: Hamburger or Cheeseburger Baked Beans Potato Smiles Sweet Potato Puffs

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MONDAY 11/18	Tangerine Chicken Stir Fried Rice Egg Roll Garden SALAD W/Ranch Steamed Broccoli	Chicken Tamales Fresh SALSA Spanish Rice Steamed Broccoli	Choice of: Pepperoni Pizza OR Cheese Pizza Garden Salad w/Ranch Steamed Broccoli	Choice of: Hamburger, Cheeseburger, or Meatball Sub Steamed Broccoli Potato Smiles Sweet Potato Puffs
TUESDAY 11/19	Chicken, General TSO Stir Fried Rice Egg Roll Garden Salad W/Ranch Green Beans	Chicken Quesadilla Pinto Beans Fresh Salsa Green Beans Cornbread	Choice of: Pepperoni Pizza or Cheese Pizza Garden Salad w/ Ranch Green Beans	Choice of: Hamburger, Cheeseburger, or Meatloaf Mashed Potatoes w/Gravy Potato Smiles Green Beans
WEDNESDAY 11/20	Tangerine Chicken Stir Fried Rice Egg Roll Garden Salad w/ Ranch Mexicali Corn	Cheese Enchiladas Fresh Salsa Mexicali Corn Spanish Rice	Choice of: Pepperoni or Cheese Pizza Garden Salad w/ Ranch Mexicali Corn Breadstick	Choice of: Chicken Burger or Spicy Chicken Burger Potato Smiles Sweet Potato Puffs Mexicali Corn
THURSDAY 11/21	Chicken, General TSO Stir Fried Rice Egg Roll Garden Salad w/Ranch Steamed Broccoli	Chicken Fajitas Pinto Beans Fresh Salsa Cornbread	Choice of: Pepperoni , Cheese Pizza or Spaghetti w/Meat Sauce Mixed Vegetables Breadstick	Choice of: Hamburger, Cheeseburger, or Chicken Nuggets Mixed Vegetables Potato Smiles
FRIDAY 11/22	Tangerine Chicken Stir Fried Rice Egg Roll Garden Salad w/Ranch	Bean & Cheese Tacos Steamed Carrots Fresh Salsa Spanish Rice	Choice of: Pepperoni or Cheese Pizza Mixed Veggies Garden Salad w/Ranch Steamed Carrots	Choice of: Hamburger or Cheeseburger Steamed Carrots Potato Smiles Baked Beans

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11/25-11/29 No School
Happy Thanksgiving!