

LAINGSBURG HIGH SCHOOL ~ NOVEMBER 2018 ~ LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 *GRILLED CHEESE SANDWICH *CHICKEN TENDERS TOMATO SOUP FRESH FRUIT	2 *FISH NUGGETS W/ROLL *CHEESEBURGER W/LETTUCE & TOMATO FRENCH FRIES JUICE
5 *FRENCH BREAD PIZZA *SPICY CHICKEN PATTY SANDWICH CARROTS SLICED PEARS	6 *MOZZARELLA STICKS *GRILLED CHICKEN SANDWICH W/LETTUCE & TOMATO GREEN BEANS CINNAMON APPLESAUCE	7 *CHEESE QUESADILLA *CHICKEN FAJITA REFRIED BEANS DICED PEACHES	8 *SPAGHETTI W/MEAT SAUCE & BREADSTICK *FLAT BREAD PIZZA MIXED ROMAINE SALAD JUICE	9 *ROASTED TURKEY *BBQ RIBLETS MASHED POTATOES & GRAVY ROLL FRESH FRUIT
12 *CHEESE PIZZA *CHICKEN & VEGETABLE STIR FRY RICE GREEN BEANS FRUIT COCKTAIL	13 *POPCORN CHICKEN *PHILLY STEAK SANDWICH BAKED BEANS STRAWBERRY CUP	14 *NACHOS DELUXE W/BEEF, BEANS, & CHEESE SAUCE *RED CHILI BURRITO PEAS JUICE	15 *PIG-N-BLANKET *PULLED PORK SANDWICH MIXED ROMAINE SALAD APPLESAUCE	16 *MEATBALL & CHEESE SUB *FISH NUGGETS CARROT STICKS & RANCH FRESH FRUIT
19 *DOUBLE STUFFED PIZZA *BAKED POTATO W/HAM & CHEESE ROLL GREEN BEANS PINEAPPLE TIDBITS	20 *MINI CORN DOGS *CHICKEN QUESADILLA CORN JUICE	<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <p>NO SCHOOL - THANKSGIVING BREAK</p> </div>		
26 *CHEESE PIZZA *SPICY CHICKEN PATTY SANDWICH BROCCOLI SLICED PEARS	27 *CHICKEN NUGGETS *CHEESE RAVIOLI ROLL CORN PEACH CUP	28 *BEEF TACO W/LETTUCE & CHEESE *FIESTA PIZZA REFRIED BEANS JUICE	29 *MACARONI & CHEESE *BBQ RIBLETS W/ROLL GREEN BEANS FRESH FRUIT	30 *TURKEY BURGER W/CHEESE, LETTUCE & TOMATO *CHEESE QUESADILLA SWEET POTATO FRIES STRAWBERRY BANANA APPLESAUCE



THE FOLLOWING ITEMS WILL BE AVAILABLE DAILY A LA CARTE:
 COLD SUBS - HAM OR TURKEY & HOT SUBS - TURKEY, HAM, OR PIZZA - BOSCO STICKS
 MONDAY: CHICKEN CAESAR SALAD
 TUESDAY: MICHIGAN CHERRY SALAD
 WEDNESDAY: CHICKEN CAESAR SALAD
 THURSDAY: BLT SALAD WITH RANCH DRESSING
 FRIDAY: CHICKEN CAESAR SALAD
 SALAD BAR:
 M-W-F ~ CHEF SALAD / T & TH ~ TACO SALAD
 ADD FRUIT AND MILK TO ANY OF THE ABOVE AND IT COUNTS AS A FULL LUNCH.
 Milk is offered with every lunch meal & all milk is 1% white or fat free
 We use whole grain/whole wheat for all of our breads, buns, & breadings.
 Condiments used are: ketchup, mustard, pickles, taco sauce, & sour cream
 Dressings used: Ranch, Italian, & Honey mustard



NOVEMBER 2018 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 EGG & CHEESE MUFFIN SANDWICH FRESH FRUIT	2 BLUEBERRY NUTRI-GRAIN BAR FRUIT JUICE
5 BREAKFAST PIZZA FRUIT JUICE	6 STRAWBERRY NUTRI-GRAIN BAR FRUIT JUICE	7 SCRAMBLED EGGS W/HAM & CHEESE TOAST W/JELLY FRESH FRUIT	8 YOGURT GRAHAM CRACKERS FRUIT JUICE	9 FRENCH TOAST STICKS FRUIT JUICE
12 CHOCOLATE MUFFIN SAUSAGE PATTY RAISINS JUICE	13 POP TART FRUIT JUICE	14 BREAKFAST PIZZA FRUIT JUICE	15 CINNAMON/APPLE OATMEAL TOAST & JELLY FRESH FRUIT	16 STRAWBERRY CREAM CHEESE BAGEL FRUIT JUICE
19 BLUEBERRY MUFFIN SAUSAGE PATTY RAISINS JUICE	20 YOGURT GRAHAM CRACKERS FRUIT JUICE	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> 21 NO SCHOOL - THANKSGIVING BREAK </div>		
26 APPLE CHEERIOS BREAKFAST BAR FRUIT JUICE	27 POP TART FRUIT JUICE	28 SAUSAGE PANCAKE ON A STICK FRUIT JUICE	29 BLUEBERRY NUTRI-GRAIN BAR FRUIT JUICE	30 BREAKFAST PIZZA FRUIT JUICE

***CHOICE OF CEREAL AVAILABLE DAILY**