



# NOVEMBER 2022

Low-Fat and Fat-Free Milk are Offered with all Meals

Menu is Subject to Change

## Mustangs & Fillies On-the-Go Lunch Menu

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Hot Dog on a Bun  
Or  
Turkey, Ham & Cheese Sub  
Baked Beans  
Lettuce Salad w/Cherry Tomatoes  
Diced Pears  
Fresh Fruit  
Baked Chips  
Choice of Milk **1**

Pizza Crunchers  
Or  
Turkey, Ham & Cheese Sub  
Baby Carrots  
Tossed Salad  
Strawberries  
Fresh Apple  
Choice of Milk **2**

Mashed Potato Bowl w/Dinner Roll  
Or  
Turkey, Ham & Cheese Sub  
Fresh Veggie Mix  
Diced Pears  
Fresh Fruit  
Choice of Milk **3**

Cheesy French Bread Pizza  
Or  
Turkey, Ham & Cheese Sub  
Tossed Salad w/Cherry Tomatoes  
Fresh Veggie Mix  
Grapes  
Ice Cream  
Choice of Milk **4**

Chicken Tenders w/Dinner Roll  
Or  
Fresh Fillie Sub  
Baked Beans  
Baby Carrots  
Diced Peaches  
Fresh Apple  
Choice of Milk **7**

Macaroni & Cheese w/Blueberry Muffin  
Or  
Fresh Fillie Sub  
Steamed Peas  
Fresh Veggie Mix  
Fresh Fruit  
Mixed Fruit  
Choice of Milk **8**

Cheese Stuffed Crust Pizza  
Or  
Fresh Fillie Sub  
Lettuce Salad  
Fresh Broccoli & Carrots  
Applesauce, Orange Slices  
Yogurt Cup  
Choice of Milk **9**

BBQ Rib Sandwich  
Or  
Fresh Fillie Sub  
Pasta Salad  
Cucumber Slices & Baby Carrots  
Peaches, Fresh Fruit  
Fruit Roll Up  
Choice of Milk **10**

Cheeseburger on a Bun  
Or  
Fresh Fillie Sub  
French Fries  
Lettuce Salad w/Cherry Tomatoes  
Mandarin Oranges  
Banana  
Choice of Milk **11**

Chicken Crisпитos  
Or  
Chef Salad  
Spanish Rice  
Lettuce Salad w/Cherry Tomatoes  
Fresh Broccoli  
Apple, Pineapple Chunks  
Choice of Milk **14**

Cheese Filled Bosco Sticks  
Or  
Chef Salad  
Tossed Salad w/Spinach  
Baby Carrots  
Grapes, Applesauce  
Pudding  
Choice of Milk **15**

Shrimp Poppers w/Cornbread  
Or  
Chef Salad  
Baked Beans  
Celery Sticks w/PB  
Cucumber Slices  
Peaches, Fresh Fruit  
Choice of Milk **16**

Chicken Fajita  
Or  
Chef Salad  
Roasted Peppers & Onions  
Lettuce Salad w/Cherry Tomatoes  
Fresh Veggie Mix  
Banana, Mixed Fruit  
Choice of Milk **17**

Tenderloin Sandwich  
Or  
Chef Salad  
Lettuce & Tomato Slices  
Fresh Veggie Mix  
Mandarin Oranges  
Fresh Fruit  
Choice of Milk **18**

Mini Corn Dog Nuggets  
Or  
Ham & Cheese Croissant  
Baked Beans  
Fresh Broccoli & Carrots  
Strawberries  
Fresh Fruit  
Choice of Milk **21**

Totchos w/Toppings  
Or  
Ham & Cheese Croissant  
Tossed Salad w/Cherry Tomatoes  
Cucumber Slices  
Grapes, Pineapple Chunks  
Cookie  
Choice of Milk **22**

Hot Ham & Cheese Sandwich  
Fresh Veggie Mix  
Fresh Fruit  
Baked Chips  
Orange Sorbet  
Choice of Milk **23**

**NO SCHOOL** **24**

**NO SCHOOL** **25**

Cheese Stuffed Crust Pizza  
Or  
Chef Salad  
Lettuce Salad  
Cherry Tomatoes & Fresh Broccoli  
Applesauce, Orange Slices  
Animal Crackers  
Choice of Milk **28**

Chicken Nuggets & Macaroni and Cheese  
Or  
Chef Salad  
Fresh Veggie Mix  
Peaches  
Fresh Fruit  
Choice of Milk **29**

BBQ Chicken Sandwich  
Or  
Chef Salad  
French Fries  
Broccoli & Baby Carrots  
Diced Pears  
Fresh Fruit  
Choice of Milk **30**

**Lunch is FREE for ALL Students**  
Adult Lunch \$4.25  
Extra Entrée \$1.50  
Extra Milk \$0.40



This Institution is an Equal Opportunity Provider

