November 2013

Monday	Trayless Tuesday	Wednesday	Thursday	Friday
				1 **THE CLASSICS** Carnitas Turkey Burrito ***Salad Express*** Falafel and Green Salad with Chipotle Dressing Soft Wheat Wrap **EAT YOUR COLORS** Braised Black Beans Hot Confetti Corn Black Bean Salad
4 Jamaican Beef Patty Oven Baked Italian Cheese Herbed Marinara Sauce Toasted Garlic Rolls ***Salad Express*** Classic Tuna Salad WW Dinner Roll **EAT YOUR COLORS** Garlicky Green Beans Orange Roasted Carrots Crunchy Carrot Sticks	5 **ELECTION DAY** Big Apple Cheese Burger Deluxe on a Whole Grain Roll **EAT YOUR COLORS** Wedge Cut Potatoes	6 Slow Cooked Turkey Rice Choice Salsa and Cheddar Baked! Tostitos® Scoops® ***Salad Express*** Chef's Salad Soft Wheat Wrap **EAT YOUR COLORS** Seasoned Bean Choice Sweet Plantains Chickpea Salad	7 NEW! Mac and Cheese BBQ Roasted Chicken Sunrise Corn Bread ***Salad Express*** Chicken Tender Salad **EAT YOUR COLORS** Braised Collards Roasted Sweet Potato Wedges Cucumber Salad	8 Meatball Parm Hero on Toasted Garlic Bread Crispy Chipotle *Chicken Sandwich* ***Salad Express*** Grilled Chicken Pasta Salad **EAT YOUR COLORS** Broccoli Trees Red Roasted Potatoes Broccoli Crown Salad
11 **VETERANS DAY** Classic Grilled Cheese Toasted Wheat Bread **EAT YOUR COLORS** Brooklyn Baked Beans	12 Chicken Tender Wrap with Salsa and Cheddar Chick Pea Falafel Sandwich *with Green Sauce* ***Salad Express*** Classic Tuna Salad Soft Wheat Wrap **EAT YOUR COLORS** Super Hero Spinach Hot Confetti Corn Confetti Corn Salad	13 Big Apple Cheese Burger Deluxe on a Whole Grain Roll Pesto Chicken Wrap ***Salad Express*** Grilled Chicken Salad WW Flat Bread **EAT YOUR COLORS** Straight Cut Potatoes Five Spice Tomato Salad	14 Chicken Teriyaki Hot Lo Mein Turkey Cubano ***Salad Express*** Chef's Salad WW Dinner Roll **EAT YOUR COLORS** Crispy Egg Roll NEW! Steamed Broccoli Crowns Green Garden Salad	15 Chicken Italiano NEW! Mexicali Chili Rice Choice ***Salad Express*** Veggie Italian Pasta Salad **EAT YOUR COLORS** Garlicky Green Beans Roasted Sweet Potato Wedges Cucumber Salad
18 Oven Baked Italian Cheese Herbed Marinara Sauce Big Apple Cheese Burger Deluxe on a Whole Grain Roll ***Salad Express*** Classic Tuna Salad Soft Wheat Wrap **EAT YOUR COLORS** Garlicky Green Beans Straight Cut Potatoes Crunchy Carrot Sticks	19 Crispy Chicken Sandwich BBQ & Honey Mustard with Lettuce and Pickles on a Whole Grain Roll ***Salad Express*** Chicken Lo Mein Salad **EAT YOUR COLORS** Cajun Wedge Cut Potatoes Chilled Broccoli Crowns	20 NEW! Penne Pasta with Pesto Grilled Chicken Strips Spaghetti and Meat Sauce Herbed Marinara Sauce ***Salad Express*** Turkey and Cheese Deli Salad WW Flat Bread **EAT YOUR COLORS** Roasted Zucchini Cucumber Salad	21 *Slow Cooked Turkey* Country Gravy FritoLay® SunChips ® Mac and Cheese NEW! ***Salad Express*** Chicken Tender Salad **EAT YOUR COLORS** Mashed Potatoes NEW! Oven Roasted Vegetables Marinated Red Potato Salad	22 Jamaican Beef Patty Philly Style Chicken and Cheese Hero ***Salad Express*** Balsamic Grilled Chicken Pasta Salad **EAT YOUR COLORS** Braised Collards Malini's Curried Chick Peas Chickpea Salad
25 Tasty Beef Ravioli Chicken Tender Wrap with Salsa and Cheddar ***Salad Express*** Classic Tuna Salad Soft Wheat Wrap **EAT YOUR COLORS** Super Hero Spinach Orange Roasted Carrots Crunchy Carrot Sticks	26 NEW! Chicken Italiano Jamaican Beef Patty ***Salad Express*** Chicken Tender Salad FritoLay® SunChips ® **EAT YOUR COLORS** Broccoli Trees Broccoli Crown Salad	27 Big Apple Cheese Burger Deluxe on a Whole Grain Roll ***Salad Express*** Chef's Salad WW Flat Bread **EAT YOUR COLORS** Straight Cut Potatoes Confetti Corn Salad	28 **THANKSGIVING RECESS** *Slow Cooked Turkey* Country Gravy FritoLay® SunChips ® **EAT YOUR COLORS** Garlicky Green Beans Mashed Potatoes	29 **THANKSGIVING RECESS** NY Style Pizza Slice Oven Baked Pizza Bagel French Bread Pizza **EAT YOUR COLORS** Chickpea Salad

Offered Daily : Deli Sandwiches, Pizza Choices, PB&J and Cheese Sandwiches, Deli Condiments, Flavor Station

Offered Daily : Milk (1% low fat, fat free & fat free chocolate), Seasonal Fresh Fruit, Canned Fruit, Hot Sauce

Flavor Station : Granulated Garlic, Red Pepper Flakes, Parmesan Cheese, Oregano

Burger Condiments : Ketchup, Mustard, Mayonnaise *Dipping Sauces : Ketchup, Honey Mustard, Mayo, Duck Sauce, Thai Chili Sauce*

Dressings : Asian Sesame, Balsamic, Chipotle Ranch, Ranch, French, Honey Mustard, Lite Italian

Menu is Subject to Change

High School Lunch Menu

NYC Department of Education

WHOLE GRAINS COUNCIL Whole Grains at Every Meal