November 2013

SchoolFood FEED YOUR MIND

Monday	Trayless Tuesday	Wednesday	Thursday	Friday
				1 Carnitas Turkey Burrito ***Deli Express*** NEW! Ham and Swiss Hero with Pickles & Honey Mustard **EAT YOUR COLORS** Braised Black Beans Hot Confetti Corn
4 Jamaican Beef Patty Oven Baked Italian Cheese Herbed Marinara Sauce ***Deli Express*** Classic Tuna Sandwich Lettuce & Tomato **EAT YOUR COLORS** Garlicky Green Beans Orange Roasted Carrots	**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® ***Deli Express*** Ham and American on a Vienna Roll **EAT YOUR COLORS** Seasoned Bean Choice Sweet Plantains	**7** Mac and Cheese NEW! BBQ Roasted Chicken Sunrise Corn Bread ***Deli Express*** Turkey Cheddar NEW! Ranch Wrap **EAT YOUR COLORS** Braised Collards Roasted Sweet Potato Wedges	**8** Meatball Parm Hero on Toasted Garlic Bread Crispy Chipotle *Chicken Sandwich* ***Deli Express*** Grilled Chicken Wrap Lettuce and Tomato **EAT YOUR COLORS** Broccoli Trees Red Roasted Potatoes
11 **VETERANS DAY** Classic Grilled Cheese Toasted Wheat Bread **EAT YOUR COLORS** Brooklyn Baked Beans	**12** Chicken Tender Wrap with Salsa and Cheddar Jamaican Beef Patty ***Deli Express*** Classic Tuna Sandwich Lettuce & Tomato **EAT YOUR COLORS** Super Hero Spinach Hot Confetti Corn	**13** Big Apple Cheese Burger Deluxe on a Whole Grain Roll Red, White and Green Panini ***Deli Express*** Ham and Swiss Hero with Pickles & Honey Mustard **EAT YOUR COLORS** Straight Cut Potatoes	**14** Chicken Teriyaki Hot Lo Mein ***Deli Express*** Chicken Tender Wrap Lettuce & Tomato **EAT YOUR COLORS** Crispy Egg Roll NEW! Steamed Broccoli Crowns	**15** Chicken Italiano NEW! Mexicali Chili Rice Choice ***Deli Express*** Bologna and American on a Vienna Roll **EAT YOUR COLORS** Garlicky Green Beans Roasted Sweet Potato Wedges
18 Oven Baked Italian Cheese Herbed Marinara Sauce Big Apple Cheese Burger Deluxe on a Whole Grain Roll ***Deli Express*** Classic Tuna Sandwich Lettuce & Tomato **EAT YOUR COLORS** Orange Roasted Carrots Straight Cut Potatoes	**19** Crispy Chicken Sandwich BBQ & Honey Mustard with Lettuce and Pickles on a Whole Grain Roll ***Deli Express*** Ham and American on a Vienna Roll **EAT YOUR COLORS** Wedge Cut Potatoes	**20** Penne Pasta with Pesto NEW! Grilled Chicken Strips Spaghetti and Meat Sauce Herbed Marinara Sauce ***Deli Express*** Turkey Cheddar Ranch Hero **EAT YOUR COLORS** Roasted Zucchini Italian Chickpeas	**21** *Slow Cooked Turkey* Country Gravy FritoLay® SunChips ® Mac and Cheese NEW! ***Deli Express*** Grilled Chicken Wrap Lettuce and Tomato **EAT YOUR COLORS** Mashed Potatoes Oven Roasted Vegetables NEW!	**22** Jamaican Beef Patty Philly Style Chicken and Cheese Hero ***Deli Express*** Salami and American on a Vienna Roll **EAT YOUR COLORS** Sweet Plantains Braised Collards
25 Tasty Beef Ravioli Chicken Tender Wrap with Salsa and Cheddar ***Deli Express*** Classic Tuna Sandwich **EAT YOUR COLORS** Super Hero Spinach Orange Roasted Carrots	**26** Chicken Italiano NEW! Jamaican Beef Patty ***Deli Express*** Bologna and American on a Vienna Roll **EAT YOUR COLORS** Broccoli Trees	**27** Big Apple Cheese Burger Deluxe on a Whole Grain Roll ***Deli Express*** Ham and Cheese Hero Lettuce and Pickles **EAT YOUR COLORS** Straight Cut Potatoes	**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

J.H.S. & Middle School Lunch Menu

Department of Education

WHOLE GRAINS COUNCIL Whole Grains at Every Meal