

# NOVEMBER 2018

## Shepherd High School- Breakfast

Monday

Tuesday

Wednesday

Thursday

Friday

Staff Breakfast

\$2.10

Visitors Breakfast

\$2.35

View or apply money to  
your Childs account for  
Ice Cream on Friday's  
at:

[www.lunchmoneynow.com/lmnshp](http://www.lunchmoneynow.com/lmnshp)

**MENU IS SUBJECT TO  
CHANGE**

Student must take a  
Fruit or Vegetable

1% White Milk  
afforded daily

"This is an  
equal  
opportunity  
provider"

### Did You Know...

Scorpio and Sagittarius are the astrological signs for November. Birthdays from November 1st through the 21st fall under the Scorpio sign. November 22nd through November 30th birthdays fall under the sign of Sagittarius.

5  
Sausage, Egg Croissant  
Or  
Cereal  
Scooby Snacks  
String Cheese  
Diced Pears  
Juice  
Milk

6  
Cereal  
Scooby Snacks  
String Cheese  
Or  
Cinnamon Roll  
Banana  
Juice  
Milk

7  
French Toast Sticks  
Or  
Cereal  
Scooby Snacks  
String Cheese  
Diced Peaches  
Juice  
Milk

2  
Yogurt & Nutri Grain Bar  
Or  
Pancake on a Stick  
Scooby Snacks  
Apple Slices  
Juice  
Milk

2  
Breakfast Taco  
Or  
Blueberry Muffin  
Scooby Snack  
String Cheese  
Oranges  
Juice  
Milk

12  
Kolache  
Or  
Cereal  
Scooby Snacks  
String Cheese  
Pineapple Tidbits  
Juice  
Milk

13  
Sausage Biscuit  
Or  
Cereal  
Scooby Snacks  
String Cheese  
Banana  
Juice  
Milk

14  
Mini Pancakes  
Or  
Cereal  
Scooby Snacks  
String Cheese  
Peaches  
Juice  
Milk

15  
Pancake on a Stick  
Or  
Yogurt & Nutri Grain Bar  
Scooby Snacks  
Apple Slices  
Juice  
Milk

16  
Breakfast Taco  
Or  
Blueberry Muffin  
Scooby Snack  
String Cheese  
Oranges  
Juice  
Milk

19  
Thanksgiving Break

20  
Thanksgiving Break

21  
Thanksgiving Break

22  
Thanksgiving Break

23  
Thanksgiving Break

26  
Sausage, Egg Croissant  
Or  
Cereal  
Scooby Snacks  
String Cheese  
Diced Pears  
Juice  
Milk

27  
Cereal  
Scooby Snacks  
String Cheese  
Or  
Cinnamon Roll  
Banana  
Juice  
Milk

28  
French Toast Sticks  
Or  
Cereal  
Scooby Snacks  
String Cheese  
Diced Peaches  
Juice  
Milk

29  
Texas Donut  
Or  
Cereal  
Scooby Snacks  
String Cheese  
Apple Slices  
Juice  
Milk

30  
Cereal  
Scooby Snacks  
String Cheese  
Or  
Pancake on a Stick  
Oranges  
Juice  
Milk

# NOVEMBER 2018

## Shepherd High School

### Line 1

Monday

Tuesday

Wednesday

Thursday

Friday

Staff Lunch \$3.65

### Did You Know...

Scorpio and Sagittarius are the astrological signs for November. Birthdays from November 1st through the 21st fall under the Scorpio sign. November 22nd through November 30th birthdays fall under the sign of Sagittarius.

Visitors Lunch \$4.00

View or apply money to your Childs account at [www.lunchmoneynow.com/mnshp](http://www.lunchmoneynow.com/mnshp)

**MENU IS SUBJECT TO CHANGE**

Student must take a Fruit or Juice. **1% White and Fat Free**

**Chocolate Milk** afforded daily.

"This is an equal opportunity provider"

Chicken Tenders Or Frito Chili Bowl Corn Mashed Potatoes Dinner Roll Garden Salad Apples Diced Peaches Milk

Nacho w/Doritos to Go Or Cheese Enchiladas Charro Beans Mexican Rice Garden Salad Pineapple Tidbits Banana Milk

Gumbo Or Steak Fingers Green Beans Rice Bread Sticks Tomato & Cucumber Cup Cherry Craisins Mandarin Oranges Milk

Chicken Tenders Or Wings of Fire Bread Sticks Blackeye Peas Broccoli Florets Mixed Fruit Oranges Milk

Sausage on Hoagie Or Hot & Spicy Sandwich Baked Beans Nacho Cheese Doritos Salad Stackers Strawberry Cups Cherry Craisins Milk

Chopped BBQ Sandwich Or Buffalo Chicken Smackers Nacho Cheese Doritos Baked Beans Salad Stackers Cherry Craisins Strawberry Cup Milk

Lasagna Or Chopped BBQ Sandwich Mashed Potatoes Corn Dinner Roll Garden Salad Apples Pears Milk

Macho Burrito Or Pork Carnitas Charro Beans Rice Garden Salad Pineapple Tidbits Cherry Craisins Milk

Chicken Spaghetti Or Steak Fingers Green Beans Tomato & Cucumber Cup Cherry Craisins Mandarin Oranges Peaches Milk

Chicken Tenders Or Wings of Fire Blackeye Peas Broccoli Florets Mixed Fruit Oranges Milk

Turkey & Dressing Or Sausage on Hoagie Baked Beans Nacho Cheese Doritos Salad Stackers Cherry Craisins Applesauce Milk

Thanksgiving Break

Thanksgiving Break

Thanksgiving Break

Thanksgiving Break

Thanksgiving Break

Chicken Tenders Or Frito Chili Bowl Corn Mashed Potatoes Dinner Roll Garden Salad Apples Diced Peaches

Nacho w/Doritos to Go Or Cheese Enchiladas Charro Beans Mexican Rice Garden Salad Pineapple Tidbits Banana Milk

Gumbo Or Steak Fingers Green Beans Rice Bread Sticks Tomato & Cucumber Cup Cherry Craisins Mandarin Oranges

Chicken Tender Or Personal Cheese Pizza Blackeye Peas Broccoli Florets Bread Sticks Mixed Fruit Oranges Milk

Chopped BBQ Sandwich Or Buffalo Chicken Smackers Nacho Cheese Doritos Baked Beans Salad Stackers Cherry Craisins Strawberry Cup

# NOVEMBER 2018

## Shepherd High School Line 2

Monday

Tuesday

Wednesday

Thursday

Friday

Staff Lunch \$3.65

### Did You Know...

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Visitors Lunch \$4.00

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**MENU IS SUBJECT TO CHANGE**

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**Chocolate Milk afforded daily.**

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1

Cheeseburger Or Hot & Spicy Sandwich Tator Tots Salad Stackers Oranges Mixed Fruit Cherry Craisins Milk

2

BBQ Rib Sandwich Or Chicken Fried Steak Sandwich Salad Stackers Steamed Carrots Baked Beans Cherry Craisins Diced Pears Milk

3

Mexican Pizza Or Pepperoni Pizza French Bread Corn Green Beans Diced Peaches Apples Milk

4

Nacho Tostitos to go Or Crispito Tomato & Cucumber Cup Charro Beans Rice Banana Diced Pears Cherry Craisins Milk

5

Chicken Teriyaki w/Egg Roll Or General Tso's Chicken Broccoli Florets Garden Salad Tomato & Cucumber Cup Cherry Craisins Banana Pineapple Tidbits Milk

6

Cheeseburger Or Pop Dogs Tator Tots Salad Stackers Oranges Mixed Fruit Cherry Craisins Milk

7

Hot & Spicy Chicken Sandwich Or Philly Cheesesteak on Hoagie Salad Stackers Carrots Baked Beans Pears Cherry Craisins Milk

8

Garlic French Bread Pizza Or Pepperoni Pizza Corn Green Beans Diced Peaches Apple Slices Milk

9

Chicken Pizza Quesadilla Or Crispito Tomato & Cucumber Cup Charro Beans Banana Diced Pears Cherry Craisins Milk

10

Mandarin Orange Chicken Or General Tso's Chicken Rice Broccoli Florets Garden Salad Tomato & Cucumber Cup Banana Pineapple Tidbits Milk

11

Cheeseburger Or Hot & Spicy Sandwich Tator Tots Salad Stackers Oranges Mixed Fruit Cherry Craisins Milk

12

BBQ Rib Sandwich Or Chicken Fried Steak Sandwich Salad Stackers Steamed Carrots Baked Beans Cherry Craisins Diced Pears Milk

13

Thanksgiving Break

14

Thanksgiving Break

15

Thanksgiving Break

16

Thanksgiving Break

17

Thanksgiving Break

18

Mexican Pizza Or Pepperoni Pizza French Bread Corn Green Beans Diced Peaches Apples Milk

19

Nacho Tostitos to go Or Crispito Tomato & Cucumber Cup Charro Beans Rice Banana Diced Pears Cherry Craisins Milk

20

Chicken Teriyaki w/Egg Roll Or General Tso's Chicken Broccoli Florets Garden Salad Tomato & Cucumber Cup Cherry Craisins Banana Pineapple Tidbits Milk

21

Cheeseburger Or Pop Dogs Tator Tots Salad Stackers Oranges Mixed Fruit Cherry Craisins Milk

22

Hot & Spicy Chicken Sandwich Or Philly Cheesesteak on Hoagie Salad Stackers Carrots Baked Beans Pears Cherry Craisins Milk



**SHEPHERD HIGH SCHOOL SHIPWRECK MENU**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Philly Steak	Chicken Tenders	Chicken Smackers	Chopped BBQ Beef	Wings of Fire
Deli Sliced Turkey Breast	Deli Sliced Combo Meat	Deli Sliced Turkey Breast	Deli Sliced Combo Meat	Deli Sliced Turkey Breast
Tuna Salad	Diced Ham	Romaine Lettuce	Romaine Lettuce	Romaine Lettuce
Boiled Eggs	Romaine Lettuce	Sliced Cucumber	Sliced Cucumber	Sliced Cucumber
Shredded Cheese	Sliced Cucumbers	Sliced Mushrooms	Sliced Mushrooms	Sliced Mushrooms
Black Beans	Sliced Mushrooms	Jalapenos	Jalapenos	Jalapenos
Romaine Lettuce	Cherry Tomatoes	Cherry Tomatoes	Cherry Tomatoes	Cherry Tomatoes
Cherry Tomatoes	Banana	Craisins	Blackeye Peas	Shredded Cheese
Cucumbers	Oranges	Boiled Eggs	Baked Potato	Hoagie Roll
Sliced Olives	Mixed Fruit	Shredded Cheese	Hoagie Roll	Bread Sticks
Sliced Mushrooms	Hoagie Roll	Hoagie Roll	Bread Sticks	Craisins
Sliced Jalapenos	Bread Sticks	Bread Sticks	Oranges	Apple Slices
Peaches		Apple Slices	Apple Slices	
Apples		Oranges	Apple Sauce	
Oranges		Pineapple Tidbits	Craisins	
Craisins				
Hoagie Roll				
Bread Sticks				

**MENU IS SUBJECT TO CHANGE**

Honey Mustard Dressing, Ranch Dressing, Italian Fat Free Dressing, Mayonnaise Fat Free, Mustard  
 (1 Meat, 1 Bread, Vegetable, Fruit & Milk) Extra Meat, Bread & Milk will be charged and at a Cart price.  
 Staff Lunch \$3.65  
 Visitor Lunch \$4.00