

NOVEMBER LUNCH

ACE Charter High School Lunch Menu Grades 9-12

DID YOU KNOW?

Nearly 95% of Americans eat turkey on Thanksgiving. Turkey has more protein, ounce per ounce, than chicken or beef!



Lunch:

- >Choice of 1% or fat-free milk.
- >fresh fruit served daily.
- >Vegetable served daily.

Chef reserves the right to change menu for seasonality and new menu innovation.



MONDAY

1 Deli combo Sandwich
Steamed Carrots
Fruit
1% milk or fat free milk

5 Chicken Ceasar Wrap
Steamed Corn
Fruit
1% or fat free milk

12 **Veterans Day Hoilday**

19 Chicken Bites
Goldfish Pretzels
Green Peas
Fruit
1% or fat free milk

26 Creamy Chicken Alfredo
Celery Sticks
Fruit
1% or fat free milk

TUESDAY

2 Five Cheese Lasagna
Green Peas
Fruit
1% or fat free Milk

6 Cheese Pizza
Gold Fish Crackers
Cucumber Slices
Fruit
1% or fat free milk

13 Turkey Sandwich w/mayo packet
Cucumber slices
Fruit
1% or fat free milk

20 Meatless Italian Calzone
Animal Crackers
Cucumber slices
Fruit
1% or fat free milk

27 Honey Mustard Chicken Wrap
Goldfish pretzels
Warm pinto beans & carrots
Fruit
1% or fat free milk

WEDNESDAY

7 Flamed broiled beef Cheeseburger
Lettuce & tomatoes & ranch ketchup & mustard
Fruit
1% or fat free milk

14 Chicken potstickers with not so fried rice
Broccoli & Carrot salad
Fruit
1% or fat free milk

21 **Fall Break**

28 Oven Roasted Chicken Sandwich
Lettuce & tomatoes w/ranch
Fruit
1% or fat free milk

29 Five Cheese Lasagna
Honey wheat crackers
Glazed carrots
Fruit
1% or fat free milk

THURSDAY

8 BBQ Chicken with cheesy rice
Glazed Carrots
Goldfish Pretzels
Fruit
1% or fat free milk

15 Chicken garden ranch salad
Whole grain roll
Honey wheat crackers
Fruit
1% or fat free milk

22 **Fall Break**

29 Five Cheese Lasagna
Honey wheat crackers
Glazed carrots
Fruit
1% or fat free milk

30 Buffalo Chicken Pizza
Cinnamon Graham crackers
Steamed Corn
Fruit
1% or fat free milk

FRIDAY

1 Deli combo Sandwich
Steamed Carrots
Fruit
1% milk or fat free milk

9 Grilled Chicken Bites with BBQ Beans
Whole grain roll
Honey wheat crackers
Carrots
Fruit
1% or fat free milk

16 Mightly meatly deli sandwich
Steamed Corn
Fruit
1% or fat free milk

23 **Fall Break**

30 Buffalo Chicken Pizza
Cinnamon Graham crackers
Steamed Corn
Fruit
1% or fat free milk

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