



# November

2018



**Monday**

INSIDE

GALAXY PIZZA  
C 300 F12 SF 4 CHO 33

KIOSK

MINI CHEESE BURGERS  
C 287 F 8.1 SF 3 CHO 34.3

**Tuesday**

INSIDE

FRENCH BREAD PIZZA  
C 310 F 12 SF 4.5 CHO 34

KIOSK

\*\*ORIENTAL CHICKEN

**Wednesday**

INSIDE

STUDENT'S CHOICE  
\*SEE CHART →

KIOSK

CALZONE  
C 410 F 16 SF 7 CHO 47

**Thursday**

INSIDE

COOK'S CHOICE  
\*SEE CHART →



KIOSK

CHICKEN TENDERS  
C 250 F 10 SF 1.5 CHO 15

**Friday**

INSIDE

SPICY CHICKEN SANDWICH  
C 350 F 13 SF 2.5 CHO 42

KIOSK

GREEN CHILI & CHEESE  
FLAQUITO  
C 338 F 10.5 SF 5.5 CHO 31

OFFERED DAILY INSIDE:

YOGURT/GRANOLA

C 290 F 4 SF 1.7 CHO 57

PB & J

C 300 F 17 SF 3 CHO 32

**\*\*Please Note\*\***  
Everyone pays until letter of approval is received



**\*Student's Choice:**

11/7/18

Chicken Fajita

C 212 F 5.98 SF 1.8 CHO 24.6

11/14/18

Beef Taco Stick

C 345 F 12.82 SF 8.35 CHO 31.87

11/28/18

Chili Cheese Fries

C 262 F 10.9 SF 3.68 CHO 29.37

**\*Cook's Choice:**

11/1/18

Beef Tostada Boat

C 302 F 18.05 SF 5.22 CHO 14.28

11/8/18

Hot Dog & Tater Tots

C 240 F 10.5 SF 2.5 CHO 26

C 120 F 7 SF 1 CHO 14

11/15/18

Turkey, Gravy & Mashed Potatoes

C 71 F 1.44 SF .41 CHO 10.21

C 80 F .5 SF 0 CHO 16

Dinner Roll

C 85 F 1.1 SF 0 CHO 18

Apple Fruit Pocket

C 160 F 4.2 SF 1.3 CHO 27

11/29/18

Chicken Tacos

C 212 F 4.48 SF .8 CHO 18



Veterans Day: 11/12/18-No School

Fall Recess: 11/19/18 - 11/23/18



Choice Of: 1% White Milk, Nonfat Chocolate Milk & Strawberry Milk Offered with every meal.

\*All grains served are Whole Grain Rich (WGR)

Make payments conveniently online at:  
[www.k12paymentcenter.com](http://www.k12paymentcenter.com)

You may apply for free or reduced priced meals at:  
[www.lunchapplication.com](http://www.lunchapplication.com)



**\*\*Orange Chicken**

C 268 F 3.88 SF .68 CHO 43.39

**\*\*Spicy Sichuan Chicken**

C 198 F 2.88 SF .68 CHO 28.39

ALL LUNCHESES INCLUDE SALAD BAR  
C=Calories, F=Fat, SF=Saturated Fat, CHO=Carbohydrates  
Menu subject to change without notice