

November 2013

High School Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Served Daily:



Pepparoni Pizza

Hamburger or Cheeseburger

Salad

Chicken Sandwich

Yogurt Parfait



Lunch Entrées-Choose One
General Tso's Chicken w/Rice & Roll
Garlic Cheesy Bread
**Corn Dog

Sides-Choose One or More
Corn, Bell Pepper
Strips **w/Fresh SC Grown Bell Peppers**
Applesauce, Fresh Grapes

MEALTIME MESSAGE

Lunch \$2.75

Assorted Milk Choices Available Daily for Breakfast and Lunch: 1% White, Skim White, Fat Free Chocolate, Strawberry, and Vanilla

This Month's SC Grown Fresh Produce....



Bell Pepper

Butterbeans



Fun Facts:

Peppers are not seasonal fruits, meaning you can find them in supermarkets any day during the year. It's best to wrap the peppers in paper bags or paper towels and store in the refrigerator to keep their freshness - up to 5 days for bell peppers and up to 3 weeks for chili peppers.

Butter beans are small beans about the size of a penny. They were initially cultivated between A.D. 1 and 500, during the Spanish occupation of Peru. Butter beans are also known as Lima beans, after the capital of Peru, where they were initially harvested.

** Contains Pork

All Bread that is served in Lexington School District #1 is Whole Grain.

Menu Items subject to change based upon availability.



4 **Lunch Entrées-Choose One**
Bowtie Chicken Alfredo w/Roll
Sicilian Cheese Pizza Strips
**Hot Dog w/Chili

Sides-Choose One or More
Green Beans, Glazed Sweet Potatoes
Pineapple Tidbits, Fresh Apple

5 **Lunch Entrées-Choose One**
Chicken Tenders w/Breadstick
Cheesy Chicken Quesadilla
Toasted Cheese Sandwich

Sides-Choose One or More
Crinkle Cut French Fries, Roasted Asparagus
Strawberry Cup, Fresh Orange

6 **COLLABORATIVE DAY**
Lunch Entrées-Choose One
Turkey Deli Sub
Corn dog
Fresh Baby Carrots, Fresh Celery Sticks
Rosati Ice 100% Fruit Juice,
Fresh Fruit

7 **Lunch Entrées-Choose One**
Tostitos w/Fajita Chicken & Queso
Garlic Cheesy Bread
**Corn Dog

Sides-Choose One or More
Black-eyed Peas, Veggie Cup
Peach Cup, Fresh Banana

8 **Lunch Entrées-Choose One**
Teriyaki Chicken w/Rice & Roll
**Stuffed Crust Pepperoni Pizza
**Cuban Pork Sandwich

Sides-Choose One or More
Corn, Garden Salad
Applesauce, Craisins

11 **NO SCHOOL FOR STUDENTS**

12 **Lunch Entrées-Choose One**
Chicken Tenders w/Breadstick
BBQ Flatbread Pizza
Toasted Cheese Sandwich

Sides-Choose One or More
Crinkle Cut Fries, Butterbeans **w/Fresh SC Grown Butterbeans**,
Fruit Cocktail, Fresh Orange

13 **Lunch Entrées-Choose One**
Spaghetti w/Cinnamon Roll
Buffalo Chicken Pizza
Deli Sandwich

Sides-Choose One or More
Caesar Salad, Steamed Squash
Mandarin Oranges, Fresh Pear

14 **Lunch Entrées-Choose One**
Baked Chicken w/Roll
Stuffed Crust Cheese Pizza
**BBQ Sandwich

Sides-Choose One or More
Baked Beans, Bell Pepper Strips
w/Fresh SC Grown Bell Peppers,
Peach Cup, Fresh Banana

15 **Lunch Entrées-Choose One**
Japanese Cherry Blossom
Chicken w/Rice & Roll
Garlic Cheesy Bread
**Corn Dog

Sides-Choose One or More
Corn, Fresh Baby Carrots
Applesauce, Fresh Grapes

18 **Lunch Entrées-Choose One**
Bowtie Chicken Alfredo w/Roll
Mozzarella Cheese Sticks
**Hot Dog w/Chili

Sides-Choose One or More
Picante Pinto Beans, Veggie Cup
Pineapple Tidbits, Fresh Apple

19 **Lunch Entrées-Choose One**
Chicken Tenders w/Breadstick
Cheesy Chicken Quesadilla
Toasted Cheese Sandwich

Sides-Choose One or More
Crinkle Cut French Fries, Sweet Peas
Strawberry Cup, Fresh Orange

20 **Lunch Entrées-Choose One**
Lasagna w/Cinnamon Roll
Buffalo Chicken Pizza
Deli Sandwich

Sides-Choose One or More
Caesar Salad, Roasted Cauliflower
Mandarin Oranges, Fresh Kiwi

21 **Thanksgiving Meal**
Lunch Entrées-Choose One
Turkey w/Dressing & Roll
Garlic Cheesy Bread
Sloppy Joe

Sides-Choose One or More
Green Beans, Glazed Sweet Potatoes
Peach Cup, Fresh Banana

22 **Lunch Entrées-Choose One**
Tangerine Chicken w/Rice & Roll
**Stuffed Crust Pepperoni Pizza
**Cuban Pork Sandwich

Sides-Choose One or More
Corn, Butterbeans **w/Fresh SC Grown Butterbeans**,
Applesauce, Craisins

25 **Lunch Entrées-Choose One**
Macaroni & Cheese w/Roll
Philly Cheese Flatbread
**Hot Dog w/Chili

Sides-Choose One or More
Green Beans, Glazed Sweet Potatoes
Pineapple Tidbits, Fresh Apple

26 **Lunch Entrées-Choose One**
Chicken Tenders w/Breadstick
BBQ Flatbread Pizza
Toasted Cheese Sandwich

Sides-Choose One or More
Crinkle Cut French Fries, Roasted Asparagus
Fruit Cocktail, Fresh Orange

27 **NO SCHOOL FOR STUDENTS**

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