

# Troy High Lunch Menu



November 2018



# CREATIONS

## NOVEMBER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>29<sup>th</sup> -2<sup>nd</sup></b>	Orange Chicken with Brown Rice	Mac and Cheese with Dinner Roll and Broccoli	Chicken Drumstick with Green Beans, Mashed Potatoes and a Biscuit	Early Release Day No Lunch	No School
<b>5<sup>th</sup> -9<sup>th</sup></b>	Oven Roasted Chicken with Macaroni and Cheese and Broccoli	Steak Fajitas with Refried Beans	BBQ Pulled Pork Platter with Baked Beans and a Corn Biscuit	Irish Nachos with Green Beans	Baked Penne with Green Beans and a Dinner Roll
<b>12<sup>th</sup> -16<sup>th</sup></b>	General Tso's Chicken with Brown Rice and Oriental Vegetable Blend	Roasted Turkey with Mashed Potatoes, Gravy, and a Dinner Roll	Beefy Macaroni with Dinner Roll	Beef or Bean Tacos with Refried Beans	Build-Your-Own Breakfast Burritos with Sweet Potato Bites
<b>19<sup>th</sup> -23<sup>rd</sup></b>	Enchilada Suiza with Refried Beans	Broccoli Chicken Alfredo with Roasted Carrots and a Dinner Roll	Thanksgiving Break – No School	Thanksgiving Break – No School	Thanksgiving Break – No School
<b>26<sup>th</sup> -30<sup>th</sup></b>	Orange Chicken with Brown Rice	Mac and Cheese with Dinner Roll and Broccoli	Early Release Day No Lunch	Chicken Fajitas with Refried Beans	French Toast with Turkey Sausage and Hash Browns

Each meal meets USDA meal requirements for grades 6-8 with a minimum of 1 oz M/MA, 1 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a **V** are vegetarian. Many of our other daily specials have the option to be made **vegetarian**, just ask!



# GRILL

## NOVEMBER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>EVERYDAY OPTIONS:</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>V</b> Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks <b>V</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>V</b> Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks <b>V</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>V</b> Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks <b>V</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>V</b> Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks <b>V</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>V</b> Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks <b>V</b>
<b>29<sup>th</sup> -2<sup>nd</sup></b>	<b>BBQ Bacon Cheeseburger</b>	<b>Chicken Philly Sandwich</b>	<b>Italian Meatball Sub</b>	<b>Early Release Day No Lunch</b>	<b>No School</b>
<b>5<sup>th</sup> -9<sup>th</sup></b>	<b>Philly Cheesesteak</b>	<b>Chicken Parm Sandwich</b>	<b>Bacon Cheeseburger</b>	<b>Pulled Pork Sandwich</b>	<b>Chicken Cordon Blue Sandwich</b>
<b>12<sup>th</sup> - 16<sup>th</sup></b>	<b>BBQ Bacon Cheeseburger</b>	<b>Chicken Philly Sandwich</b>	<b>Italian Meatball Sub</b>	<b>Hot Dog</b>	<b>Chicken Club</b>
<b>19<sup>th</sup> -23<sup>rd</sup></b>	<b>Philly Cheesesteak</b>	<b>Chicken Parm Sandwich</b>	<b>Thanksgiving Break – No School</b>	<b>Thanksgiving Break – No School</b>	<b>Thanksgiving Break – No School</b>
<b>26<sup>th</sup> -30<sup>th</sup></b>	<b>BBQ Bacon Cheeseburger</b>	<b>Chicken Philly Sandwich</b>	<b>Early Release Day No Lunch</b>	<b>Hot Dog</b>	<b>Chicken Club</b>

Each meal meets USDA meal requirements for grades 9-12 with a minimum of 2 oz M/MA, 2 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat. Items marked with a **V** are vegetarian.





# PIZZA

## NOVEMBER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>EVERYDAY OPTIONS:</b>	Cheese Pizza <b>V</b> Pepperoni Pizza	Cheese Pizza <b>V</b> Pepperoni Pizza	Cheese Pizza <b>V</b> Pepperoni Pizza	Cheese Pizza <b>V</b> Pepperoni Pizza	Cheese Pizza <b>V</b> Pepperoni Pizza
<b>29<sup>th</sup> -2<sup>nd</sup></b>	<b>Mac &amp; Cheese Pizza</b>	<b>Sausage Pizza</b>	<b>Buffalo Chicken Pizza</b>	<b>Early Release Day No Lunch</b>	<b>No School</b>
<b>5<sup>th</sup> -9<sup>th</sup></b>	<b>BBQ Chicken Pizza</b>	<b>Meatlover's Calzone</b>	<b>Veggie Pizza <b>V</b></b>	<b>Sausage Pizza</b>	<b>Breakfast Pizza</b>
<b>12<sup>th</sup> -16<sup>th</sup></b>	<b>Buffalo Chicken Pizza</b>	<b>Sausage Pizza</b>	<b>Supreme Pizza</b>	<b>Sausage Calzone</b>	<b>Chicken Spinach Alfredo</b>
<b>19<sup>th</sup> -23<sup>rd</sup></b>	<b>Mushroom Chicken Pizza</b>	<b>Cheese Flatbread <b>V</b></b>	Thanksgiving Break – No School	Thanksgiving Break – No School	Thanksgiving Break – No School
<b>26<sup>th</sup> -30<sup>th</sup></b>	<b>Mac &amp; Cheese Pizza</b>	<b>Sausage Pizza</b>	<b>Early Release Day No Lunch</b>	<b>Meatball Calzone</b>	<b>Margherita Pizza</b>

Each meal meets USDA meal requirements for grades 6-8 with a minimum of 1 oz M/MA, 1 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a **V** are vegetarian.

# NOVEMBER MENU

## DELI

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Protein</u></b>            Salami            Turkey            Ham            Roast Beef            Chicken/Tuna Salad            Hummus <b>V</b>            American Cheese <b>V</b>            White American/Swiss <b>V</b></p> <p><b><u>Bread</u></b> <b>V</b>            Whole Grain Sub            Whole Grain Tortilla            Whole Grain Bread            Whole Grain Flatbread</p> <p><b><u>Veggies</u></b> <b>V</b>            Lettuce            Spinach            Tomato            Onions            Black Olives            Green Peppers            Banana Peppers            Pickles</p> <p><b><u>Sauce</u></b> <b>V</b>            Mayo            Chipotle Mayo            Mustard            Italian/Ranch Dressing</p>	<p><b><u>Protein</u></b>            Buffalo Chicken            Turkey            Ham            Roast Beef            Chicken/Tuna Salad            Hummus <b>V</b>            American Cheese <b>V</b>            White American/Swiss <b>V</b></p> <p><b><u>Bread</u></b> <b>V</b>            Whole Grain Sub            Whole Grain Tortilla            Whole Grain Bread            Whole Grain Flatbread</p> <p><b><u>Veggies</u></b> <b>V</b>            Lettuce            Spinach            Tomato            Onions            Black Olives            Green Peppers            Banana Peppers            Pickles</p> <p><b><u>Sauce</u></b> <b>V</b>            Mayo            Chipotle Mayo            Mustard            Italian/Ranch Dressing</p>	<p><b><u>Protein</u></b>            Bacon            Turkey            Ham            Roast Beef            Chicken/Tuna Salad            Hummus <b>V</b>            American Cheese <b>V</b>            White American/Swiss <b>V</b></p> <p><b><u>Bread</u></b> <b>V</b>            Whole Grain Sub            Whole Grain Tortilla            Whole Grain Bread            Whole Grain Flatbread</p> <p><b><u>Veggies</u></b> <b>V</b>            Lettuce            Spinach            Tomato            Onions            Black Olives            Green Peppers            Banana Peppers            Pickles</p> <p><b><u>Sauce</u></b> <b>V</b>            Mayo            Chipotle Mayo            Mustard            Italian/Ranch Dressing</p>	<p><b><u>Protein</u></b>            Chicken Nuggets            Turkey            Ham            Roast Beef            Chicken/Tuna Salad            Hummus <b>V</b>            American Cheese <b>V</b>            White American/Swiss <b>V</b></p> <p><b><u>Bread</u></b> <b>V</b>            Whole Grain Sub            Whole Grain Tortilla            Whole Grain Bread            Whole Grain Flatbread</p> <p><b><u>Veggies</u></b> <b>V</b>            Lettuce            Spinach            Tomato            Onions            Black Olives            Green Peppers            Banana Peppers            Pickles</p> <p><b><u>Sauce</u></b> <b>V</b>            Mayo            Chipotle Mayo            Mustard            Italian/Ranch Dressing</p>	<p><b><u>Protein</u></b>            Pepperoni            Turkey            Ham            Roast Beef            Chicken/Tuna Salad            Hummus <b>V</b>            American Cheese <b>V</b>            White American/Swiss <b>V</b></p> <p><b><u>Bread</u></b> <b>V</b>            Whole Grain Sub            Whole Grain Tortilla            Whole Grain Bread            Whole Grain Flatbread</p> <p><b><u>Veggies</u></b> <b>V</b>            Lettuce            Spinach            Tomato            Onions            Black Olives            Green Peppers            Banana Peppers            Pickles</p> <p><b><u>Sauce</u></b> <b>V</b>            Mayo            Chipotle Mayo            Mustard            Italian/Ranch Dressing</p>

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# FAST TAKES

## NOVEMBER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>29<sup>th</sup> - 2<sup>nd</sup></b>	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad <b>V</b>	Buffalo Chicken Wrap American Style Sub Ham and Cheese Chicken Caesar Salad Garden Salad <b>V</b>	Turkey Bacon Club Wrap Turkey and Cheese Turkey Bacon Club Sub Buffalo Chicken Salad Garden Salad <b>V</b>	Early Release Day No Lunch	No School
<b>5<sup>th</sup> - 9<sup>th</sup></b>	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad <b>V</b>	American Wrap Ham and Cheese American Sub Chicken Caesar Salad Garden Salad <b>V</b>	Buffalo Chicken Wrap Turkey and Cheese Ham and Cheese Sub Crispy Chicken Salad Garden Salad <b>V</b>	Crispy Chicken Wrap Ham and Cheese American Sub Chef Salad Garden Salad <b>V</b>	Chicken Bacon Wrap Italian Sub Turkey and Cheese Fajita Chicken Salad Garden Salad <b>V</b>
<b>12<sup>th</sup> - 16<sup>th</sup></b>	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad <b>V</b>	Buffalo Chicken Wrap American Style Sub Ham and Cheese Chicken Caesar Salad Garden Salad <b>V</b>	Turkey Bacon Club Wrap Turkey and Cheese Turkey Bacon Club Sub Buffalo Chicken Salad Garden Salad <b>V</b>	Italian Sub Italian Wrap Ham and Cheese Chef Salad Garden Salad <b>V</b>	Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad <b>V</b>
<b>19<sup>th</sup> - 23<sup>rd</sup></b>	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad <b>V</b>	American Wrap Ham and Cheese American Sub Chicken Caesar Salad Garden Salad <b>V</b>	Thanksgiving Break – No School	Thanksgiving Break – No School	Thanksgiving Break – No School
<b>26<sup>th</sup> - 30<sup>th</sup></b>	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad <b>V</b>	Buffalo Chicken Wrap American Style Sub Ham and Cheese Chicken Caesar Salad Garden Salad <b>V</b>	Early Release Day No Lunch	Italian Sub Italian Wrap Ham and Cheese Chef Salad Garden Salad <b>V</b>	Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad <b>V</b>

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