

Baker Lunch Menu



November 2018



CREATIONS

NOVEMBER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
29th - 2nd	Orange Chicken with Brown Rice	Macaroni and Cheese with Dinner Roll V	Pizza Stuffed Bosco Sticks with Dipping Sauce and Green Beans	Early Release Day No Lunch	No School
5th - 9th	Oven Roasted Chicken with Macaroni and Cheese and Broccoli	Country Fried Steak with a Dinner Roll	BBQ Pulled Pork Platter with Baked Beans and a Corn Biscuit	Chicken Nuggets with a Dinner Roll	Baked Penne with Green Beans and a Dinner Roll V
12th - 16th	Pizza Stuffed Bosco Sticks with Dipping Sauce and California Vegetable Blend	Mini Corn Dogs with Broccoli	Beefy Macaroni with Dinner Roll and Roasted Carrots	Chicken Potato Bowl with Corn and a Dinner Roll	Build-Your-Own Breakfast Burritos with Sweet Potato Bites V
19th - 23rd	Philly Cheese Steak Sandwich with California Vegetable Blend	Broccoli Chicken Alfredo with Dinner Roll	Thanksgiving Break – No School	Thanksgiving Break – No School	Thanksgiving Break – No School
26th - 30th	Orange Chicken with Brown Rice	Macaroni and Cheese with Dinner Roll V	Early Release Day No Lunch	Chicken Nuggets with Corn and a Dinner Roll	French Toast V with Turkey Sausage

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!



NOVEMBER MENU

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

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. Items marked with a **V** are vegetarian.



PIZZA

NOVEMBER MENU

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

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.



SALSA

NOVEMBER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
EVERYDAY SIDES:	<i>Shredded lettuce, diced tomatoes, salsa, jalapenos</i>	<i>Shredded lettuce, diced tomatoes, salsa, jalapenos</i>	<i>Shredded lettuce, diced tomatoes, salsa, jalapenos</i>	<i>Shredded lettuce, diced tomatoes, salsa, jalapenos</i>	<i>Shredded lettuce, diced tomatoes, salsa, jalapenos</i>
29 th - 2 nd	Beef or Bean and Cheese Nachos ✓ Taco Fiesta Black Beans	Beef or Bean and Cheese Tacos ✓ Refried Pinto Beans	Chicken Quesadilla ✓ Taco Fiesta Black Beans	Early Release Day No Lunch	No School
5 th - 9 th	Chicken Enchiladas Taco Fiesta Black Beans	Steak Fajitas Refried Pinto Beans	Chicken Quesadillas ✓ Taco Fiesta Black Beans	Beef Tacos Refried Pinto Beans	Beef or Bean and Cheese Nachos ✓ Taco Fiesta Black Beans
12 th - 16 th	Beans Enchiladas ✓ Refried Pinto Beans	Cheese Quesadillas ✓ Taco Fiesta Black Beans	Beef or Bean and Cheese Nachos ✓ Taco Fiesta Black Beans	Chicken Fajitas Taco Fiesta Black Beans	Beef Tacos ✓ Refried Pinto Beans
19 th - 23 rd	Enchilada Suiza Refried Pinto Beans	Chicken Burrito Taco Fiesta Black Beans	Thanksgiving Break – No School	Thanksgiving Break – No School	Thanksgiving Break – No School
26 th - 30 th	Beef or Bean and Cheese Nachos ✓ Taco Fiesta Black Beans	Beef or Bean and Cheese Tacos ✓ Refried Pinto Beans	Early Release Day No Lunch	Chicken Fajitas Refried Pinto Beans	Beef Quesadillas ✓ Taco Fiesta Black Beans

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. Items marked with a ✓ are vegetarian.



DELI

NOVEMBER MENU

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

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 white milk. Items marked with a **V** are vegetarian.



FAST TAKES

NOVEMBER MENU

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

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.