

Lakeport Unified School District

High School Lunch Menu November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		Nov - 1 Tamale Pie Meatball Sub Chili Dog Roast Beef & Swiss Sub Baked Potato Lettuce Tomato Salad Bar Fresh Fruit Variety Milk- Variety	Nov - 2 Chicken Pot Pie Hot Ham & Cheese Sand. W.G. Corn Dog French Fries Salad Bar Fresh Fruit Variety Milk- Variety	Nov - 3 Pizza, Stuffed Crust Burrito Salad Bar Fresh Fruit Variety Milk- Variety Salsa
Nov - 6 Fish & Chips Spicy Chicken Strips Steamed Brown Rice Ham Pesto Wrap Turkey & Cheese Wrap Egg Salad Sandwich Salad Bar Fresh Fruit Variety Milk- Variety	Nov - 7 Chicken Enchilada Fresh Roll Rib B Que on a Bun Taquito's Chicken Guacamole & Sour Cream Hamburger with Bun Lettuce Tomato Pickles Salad Bar Fresh Fruit Variety Milk- Variety	Nov - 8 Chicken Chow Mein Mixed Vegetables Hot Dog on a Bun Chicken Ceasar Wraps Hot Ham & Cheese Sand. Baked Potato Salad Bar Fresh Fruit Variety Milk- Variety	Nov - 9 Mac and Cheese W Ham Chicken Burger Chicken Stir-Fry Teriyak Burrito Casserole Steamed Brown Rice Salad Bar Fresh Fruit Variety Milk- Variety Lettuce Tomato Pickles	Nov - 10 HOLIDAY
Nov - 13 Hamburger w/ Cheese French Fries Steak & Cheese Tornado Spanish Rice Chicken Ceasar Wraps Burrito Lettuce Tomato Pickles Salad Bar Fresh Fruit Variety Milk- Variety	Nov - 14 Lasagna Breadsticks Hot Ham & Cheese Sand. Rib B Que on a Bun French Fries Salad Bar Fresh Fruit Variety Milk- Variety	Nov - 15 Baked Chicken Macaroni Salad Clam Chowder & Bread Bow Chili Cheese Fries Salad Bar Fresh Fruit Variety Milk- Variety Baked Potato	Nov - 16 Turkey Gravy & Mashed Potatoes Green Beans Fresh Roll Salad Cup Fresh Fruit Variety Milk- Variety	Nov - 17 Pizza Cheese Round Spicy Black Bean Burger Egg Salad Sandwich Lettuce Tomato Pickles Salad Bar Fresh Fruit Variety Milk- Variety
Nov - 20 NO SCHOOL TODAY	Nov - 21 NO SCHOOL TODAY	Nov - 22 NO SCHOOL TODAY	Nov - 23 HOLIDAY	Nov - 24 NO SCHOOL TODAY
Nov - 27 Chicken BBQ Sand BBQ Pulled Pork Sandwich French Fries Burrito Meatball Sub Salad Bar Fresh Fruit Variety Milk- Variety	Nov - 28 Spaghetti Breadsticks Roast Beef & Swiss Sub Mini Corn Dogs Taquito's Chicken Guacamole & Sour Cream Milk- Variety Salad Bar Fresh Fruit Variety Lettuce Tomato	Nov - 29 Hamburger with Bun French Fries Taco Nada Habanero Clam Chowder & Bread Bow Chicken Ceasar Wraps Salad Bar Fresh Fruit Variety Milk- Variety Baked Potato	Nov - 30 Baked Chicken Rib B Que on a Bun Baked Beans W.G. Corn Dog Salad Bar Cole Slaw Fresh Fruit Variety Milk- Variety	

In operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age, or handicap. If you believe you have been discriminated against write immediately to the Secretary of Agriculture, Washington D.C. 20250

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

***** - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.