













November 2024 High School Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch is <u>FREE</u> for all students!</p> <p>Milk & fresh or canned fruit served daily with lunch</p> <p><u>Daily Choices</u> Pizza Slice Bagel Meal Salad Meal Deli Sandwich Yogurt Meal Pretzel Meal</p> <p><u>Local & Fresh</u> Look for the apple on our menu that designates a local product from NY.</p> <p style="text-align: center;"></p> <p>All meals must have at least 1 serving of fruit and/or vegetable</p>	<p>Boar's Head deli meats on all sandwiches!</p> <p style="text-align: center;"> Boar's Head</p> <p>Mozzarella Sticks Seasoned Rotini Marinara Sauce Garden Green Peas</p> <p style="text-align: right;">4</p>	<p>Proudly serving local Kilcoyne Farms beef from Hudson Falls, NY</p> <p style="text-align: center;"> KILCOYNE</p> <p> Beef Tacos Fluffy Brown Rice Steamed Corn Mexican Bean Salad Assorted Toppings</p> <p style="text-align: right;">5</p>	<p>Only whole muscle chicken with no added soy or fillers!</p> <p style="text-align: center;"></p> <p style="text-align: center;"><u>Calzones</u> Ham, Cheese, Broccoli or Pepperoni Fresh Marinara Sauce  NY Green Beans</p> <p style="text-align: right;">6</p>	<p>Visit linqconnect.com to add money to student accounts or complete the voluntary income survey</p> <p style="text-align: center;"> LINQ Connect</p> <p>Oven Roasted Chicken or Meatloaf  Buttermilk Biscuit Mashed Potatoes & Gravy Steamed Broccoli</p> <p style="text-align: right;">7</p>	<p>French Toast or Toasted Bagel w/ Cream Cheese Sausage Links Potato Puffs</p> <p style="text-align: right;">1</p> <p>General Tso's or Orange Chicken Jasmine Rice Stir-Fried Vegetables Egg Roll</p> <p style="text-align: right;">8</p>
	<p style="text-align: center;"> ★ Veterans Day ★</p> <p style="text-align: right;">11</p>	<p>Boneless Chicken Wings Buttermilk Biscuit French Fries Carrots & Celery Broccoli Cheddar Soup</p> <p style="text-align: right;">12</p>	<p style="text-align: center;"><u>Pasta Bar</u> Meatballs, Chicken Alfredo or Marinara over Penne Garlic Bread Steamed Green Beans Caesar Salad</p> <p style="text-align: right;">13</p>	<p>Grilled Cheese or Meatball Sub Tomato Soup Baked Beans Carrots & Celery</p> <p style="text-align: right;">14</p>	<p style="text-align: center;"><u>Build Your Own Sub</u> Selection of Boar's Head Meats & Cheeses Tuscan Vegetable Soup Veggie Sticks Chips</p> <p style="text-align: right;">15</p>
	<p>Mac & Cheese Bar Pulled Pork or Buffalo Chicken Dinner Roll Garden Green Peas Baby Carrots</p> <p style="text-align: right;">18</p>	<p> Macho Nachos Fluffy Brown Rice Seasoned Black Beans Steamed Corn</p> <p style="text-align: right;">19</p>	<p>Buffalo Chicken Dip with Tortilla Chips or Crispy Chicken Wrap Veggie Sticks</p> <p style="text-align: right;">20</p>	<p style="text-align: center;"><u>Friendsgiving</u> Roast Turkey & Gravy Mashed Potatoe Stuffing, Dinner Roll Green Beans</p> <p style="text-align: right;">21</p>	<p> Burger Bar Bacon, Cheese or Plain Curly Fries Baked Beans Assorted Toppings</p> <p style="text-align: right;">22</p>
	<p>Waffles with Sausage or Breakfast Sandwich Potato Puffs</p> <p style="text-align: right;">25</p>	<p>Crispy Chicken Tenders Roasted Potatoes Corn Bread Veggie Sticks</p> <p style="text-align: right;">26</p>	<p style="text-align: center;">No School</p> <p style="text-align: center;"></p> <p style="text-align: right;">27</p>	<p style="text-align: center;">Happy Thanksgiving!</p> <p style="text-align: right;">28</p>	<p style="text-align: center;">No School</p> <p style="text-align: right;">29</p>