

NOVEMBER MENU- SECONDARY SCHOOLS

**Free Meals for
All!**

Breakfast and lunch
remain free to ALL
students at ALL
schools for the
2022-2023 school
year!

*Breakfast Options
include:*

listed entree or whole-
grain cereal with
graham crackers, and
variety of fresh fruit
and milk.

Lunch Options

A variety of fresh fruits and
vegetables, side salad and
choice of fresh milk will be
offered daily with all lunch
entrees.

Mondays

**Breakfast Pizza
or
Whole Grain Muffin
(V)**

**Orange Chicken with
Hawaiian Brown
Rice
or
Chicken Caesar
Salad
or
Spicy Chicken Wrap**

Tuesdays

**Crispito
or
Yogurt Bento Box
(V)**

**Chicken Alfredo with
Caesar Salad
or
Entree House Salad
(V)
or
Bean & Cheese
Burritos (V)**

Wednesdays

**Breakfast Burrito
or
Pancake Pup**

**Spicy Breaded
Chicken Drumstick
or
Chicken Caesar
Salad
or
Spicy Chicken Wrap**

Thursdays

**Crispito
or
Yogurt Bento Box (V)**

**Cheeseburger
or
Entree House Salad
(V)
or
Bean & Cheese
Burritos (V)**

Fridays

**Turkey Chorizo
Bagel
or
Whole Grain Muffin
(V)**

**Spicy Chicken
Sandwich
or
Chicken Caesar
Salad
or Pepperoni Pizza
or Cheese Pizza (V)**

**CENTRAL
KITCHEN**

All meals include fat-free or low-fat milk. Items noted with (V) are vegetarian.

Due to major supply chain issues, entrees or sides may be substituted due to limited availability.
This institution is an equal opportunity employer and provider. Menus subject to change.