

# Auburn High School Menu

# November 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fruit/Yogurt Parfait</b> 3 Chicken Nuggets Corn Dogs Macaroni and Cheese Mixed Greens Salad Baked Beans Watermelon Peaches	<b>Tornado</b> 4 Hamburger on Bun Beef and Noodles Carrot/Celery Sticks Tator Tots Apple Slices Pears Chocolate Cookie	<b>Breakfast Pizza</b> 5 Spaghetti/Roll Chicken Patty on Bun Cucumber Salad Carrots Banana Pineapple	6 NO SCHOOL	7 NO SCHOOL
<b>Waffles</b> 10 Turkey Wrap Grilled Cheese Sandwich Green Pepper Strips Mixed Greens Salad Tomato Bisque Soup Grapes Mandarin Oranges	<b>Tornado</b> 11 Meatball Sub Sandwich BBQ Chicken Wings Carrot Sticks Corn Orange Slices Apricots Triple Berry Buckle	<b>Breakfast Wrap</b> 12 Chili/Crackers Pork Tenderloin on Bun Red Pepper Strips Peas Cantaloupe Mixed Fruit	<b>Tornado</b> 13 Hot Ham and Cheese Meatloaf Mixed Greens Salad Mashed Potatoes Strawberries Applesauce	<b>Egg Sandwich</b> 14 Grilled Chicken Cheese Quesadilla Rice Peppers/Tomatoes Green Beans Watermelon Peaches
<b>Fruit/Yogurt Parfait</b> 17 Breaded Ravioli Cheesy Bread Marinated Vegetable Salad Carrots Apple Slices Pears	<b>Tornado</b> 18 Sloppy Joe Chicken Fajitas Celery Sticks Oven Brown Potatoes Banana Pineapple Oatmeal Spice Cake	<b>Breakfast Pizza</b> 19 Nachos Grandes BBQ Pork on Bun Mexican Bean Dip Mixed Vegetables Grapes Mandarin Oranges	<b>Tornado</b> 20 Chicken Bacon Flatbread Soft Taco Carrot/Celery Sticks Sweet Potato Fries Orange Slices Apricots	21 <b>MANAGER'S CHOICE</b>
<b>Pancakes</b> 24 Chicken Strips BBQ Pork Rib on Bun Baked Beans French Fries Cantaloupe Mixed Fruit	<b>Tornado</b> 25 Tator Tot Casserole Chicken and Noodles Broccoli Salad Green Beans Strawberries Applesauce Oatmeal Chocolate Chip Cookie	<b>Breakfast Wrap</b> 26 Sliced Turkey Lasagna Carrot Sticks Mashed Potatoes Apple Slices Peaches Roll	27 NO SCHOOL	28 NO SCHOOL

## A La Carte

- Veggie Pizza
- Cheese Pizza
- Cottage Cheese
- Yogurt
- Chips
- Granola Bars
- Bottled Water
- Flavored Water
- Gatorade
- Izze Juice
- Tropicana Juice
- Ice Cream
- Bottled Milk
- Extra items or seconds

Salad bar and soups are part of the menu. Salad bar is available daily which includes romaine salad, spinach, broccoli, cauliflower, chickpeas, celery, cucumbers, shredded cheese, tomatoes, sunflower seeds, red onions, bacon bits, whole grain crackers, shredded carrots, and low fat salad dressings. Salad bar menu may vary on a daily basis. When soups are offered they may count toward a vegetable serving.

## Did you know?

Veterans Day is intended to celebrate and honor *every* soldier, present or past, living or dead, for his or her service in the military. We, as citizens, should take great and deliberate care to express our gratitude for their service and sacrifice.