

# NOVEMBER 2016 Auburn High School

## MONDAY



## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**Tornado** 1  
Meatloaf  
Beef and Noodles  
Celery Sticks  
Mashed Potatoes  
Apple Slices or  
Pineapple  
Chocolate Chip Cookie

**French Toast Sticks** 2  
Spaghetti/Breadstick  
Chicken Sandwich  
Peppers/Tomatoes  
Mixed Vegetables  
Kiwi  
Pears

**Muffin** 3  
Thai Chicken  
Hamburger  
Wild Rice  
Red Bean Salad  
Corn  
Banana  
Mixed Fruit

4  
**MANAGER'S CHOICE**

**Breakfast Pizza** 7  
BBQ Chicken Wings  
Corn Dog  
Macaroni and Cheese  
Carrot Sticks  
Baked Beans  
Orange Slices  
Applesauce

**Tornado** 8  
Bosco Sticks  
Grilled Chicken  
Wild Rice  
Peppers/Tomatoes  
Carrots  
Apple Slices  
Mandarin Oranges

**Pancakes** 9  
Lasagna  
Sliced Turkey  
Hot Roll  
Marinated Vegetable Salad  
Mashed Potatoes  
Pear  
Peaches

**Egg Sandwich** 10  
Soft Taco  
Chicken Bacon Flatbread  
Broccoli Salad  
Peas  
Grapes  
Pineapple  
Apple Spice Cake

11  
**NO SCHOOL**

**Fruit Yogurt Parfait** 14  
Pork Tenderloin Sandwich  
Chicken/Noodles/Breadstick  
Red Pepper Strips  
Green Beans  
Orange Slices  
Pears

**Tornado** 15  
Sloppy Joe  
Chicken Fajita  
Broccoli Salad  
Carrots  
Apple Slices  
Mixed Fruit

**French Toast Sticks** 16  
Nachos Grandes  
BBQ Pork Sandwich  
Mexican Bean Dip  
Corn  
Kiwi  
Applesauce  
Peanut Butter Cookie

**Muffin** 17  
Chili/Crackers  
Grilled Ham and Cheese  
Celery Sticks  
Oven Brown Potatoes  
Grapes  
Mandarin Oranges

18  
**MANAGER'S CHOICE**

**Breakfast Pizza** 21  
Cheese Quesadilla  
Breaded Ravioli  
Breadstick  
Marinated Veg Salad  
Peas  
Pear or  
Peaches

**Tornado** 22  
Bosco Sticks  
Thai Chicken  
Wild Rice  
Red Bean Salad  
Corn  
Apple Slices  
Pineapple

**Pancakes** 23  
Tator Tot Casserole  
Fiesta Chicken Wrap  
Carrot Sticks  
Mixed Vegetables  
Banana  
Pears  
Pumpkin Bar

24  
**NO SCHOOL**

25  
**NO SCHOOL**

**Fruit Yogurt Parfait** 28  
Cheesy Bread  
Chicken Strips/Biscuit  
Carrot Sticks  
French Fries  
Kiwi  
Mixed Fruit

**Tornado** 29  
Meatloaf  
Beef and Noodles  
Celery Sticks  
Mashed Potatoes  
Apple Slices  
Applesauce

**French Toast Sticks** 30  
Spaghetti/Breadstick  
Chicken Sandwich  
Peppers/Tomatoes  
Mixed Vegetables  
Orange Slices  
Mandarin Oranges  
Triple Berry Buckle

### DID YOU KNOW?

Frozen dinners originated in 1953 when someone misjudged the number of frozen turkeys it would sell at Thanksgiving. The extra meat was repackaged and sold as a frozen meal!

Breakfast items available on a daily basis include cold cereal, nonfat milk (flavored or unflavored) or 1% milk (unflavored), toast, fruit, and juice. Nonfat milk (flavored or unflavored) or 1% milk (unflavored) is available daily at lunch.

Breakfast \$2.00  
Lunch \$3.00  
Extra Entrée \$1.40  
Small Salad \$0.75  
Large Salad \$1.40

Salad bar is available daily which includes romaine salad, spinach, broccoli, cauliflower, chickpeas, celery, cucumbers, shredded cheese, tomatoes, sunflower seeds, red onions, whole grain crackers, shredded carrots, and low fat salad dressings. Salad bar menu may vary on a daily basis