

November

Juneau-Douglas High School

JDHS Breakfast Menu

3 Cinnamon Mini Cinnis Scrambled Eggs Fresh Fruit Craisins Blueberry Muffin Cocoa Puffs Cereal Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	4 Pancakes Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	5 Waffle with Blueberries and Whip Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	6 Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin Breakfast Sandwich Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	7 French Toast Sticks Scrambled Eggs Fresh Fruit Craisins Blueberry Muffin Cinnamon Giant Goldfish Grahams Cocoa Puffs Cereal Skim Milk 1% Milk
10 <i>Teacher Inservice</i>	11 <i>Teacher Inservice</i>	12 Warm Cinnamon Apples and Funnel Cake Waffle Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	13 Pancake & Sausage Breakfast Stick Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	14 French Toast Sticks Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk
17 Cinnamon Mini Cinnis Scrambled Eggs Fresh Fruit Craisins Blueberry Muffin Cocoa Puffs Cereal Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	18 Pancakes Scrambled Eggs Fresh Fruit Craisins Blueberry Muffin Cocoa Puffs Cereal Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	19 Waffle with Blueberries and Whip Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	20 Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin Breakfast Sandwich Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	21 French Toast Sticks Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk
24 Apple Frudel Cherry Frudel Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	25 Pancakes Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	26 Warm Cinnamon Apples and Funnel Cake Waffle Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	27 <i>Thanksgiving</i>	28 <i>Thanksgiving</i>

Menu subject to change.

USDA is an equal opportunity provider, employer, and lender.

November

Juneau-Douglas High School

JDHS Lunch

3 Orange Popcorn Chicken Moji Sushi and Hard-Boiled Egg Moji Spicy Crab & Hard Boiled Egg Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Sliced Carrots Fresh Fruit Craisins Fortune Cookie Brown Rice Skim Milk 1% Milk	4 Soft Beef Tacos Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Mexican Bean Salad Fresh Fruit Craisins Brown Rice Skim Milk 1% Milk Sour Cream Packet	5 Chicken Alfredo with Whole Grain Pasta Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Broccoli Florets Fresh Fruit Craisins Cheesy Garlic Breadstick Skim Milk 1% Milk	6 Chicken Corn Dog Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Lattice Cut Fries Fresh Fruit Craisins Skim Milk 1% Milk	7 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Green Beans Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk Marinara Sauce
10 <i>Teacher Inservice</i>	11 <i>Teacher Inservice</i>	12 Spaghetti and Meat Sauce Pepperoni Pizza Cheese Pizza Cheeseburger Hot Dog Broccoli Florets Fresh Fruit Craisins Cheesy Garlic Breadstick Fat Free Chocolate Milk 1% Milk	13 Golden Crispy Chicken Tenders Pepperoni Pizza Cheese Pizza Cheeseburger Hot Dog Ranch Style Pinto Beans Lattice Cut Fries Fresh Fruit Craisins Cheesy Garlic Breadstick Fat Free Chocolate Milk 1% Milk	14 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Cheeseburger Hot Dog Green Beans and Carrots Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk Marinara Sauce
17 General Tso's Chicken Drumstick Pepperoni Pizza Cheese Pizza Cheeseburger Hot Dog Sliced Carrots Fresh Fruit Craisins Fortune Cookie Fried Rice Skim Milk 1% Milk	18 Beef Tacos (2) Pepperoni Pizza Cheese Pizza Cheeseburger Hot Dog Mexican Bean Salad Fresh Fruit Craisins Spanish Brown Rice Skim Milk 1% Milk Sour Cream Packet	19 Chicken Alfredo with Whole Grain Pasta Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Broccoli Florets Fresh Fruit Craisins Cheesy Garlic Breadstick Skim Milk 1% Milk	20 Chicken Corn Dog Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Lattice Cut Fries Fresh Fruit Craisins Skim Milk 1% Milk	21 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Cheeseburger Hot Dog Green Beans Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk Marinara Sauce
24 Orange Popcorn Chicken Moji Sushi and Hard-Boiled Egg Moji Spicy Crab & Hard Boiled Egg Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Green Beans and Carrots Fresh Fruit Craisins Fortune Cookie Brown Rice Fat Free Chocolate Milk 1% Milk	25 Beef Tacos (2) Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Mexican Bean Salad Fresh Fruit Craisins Brown Rice Fat Free Chocolate Milk 1% Milk	26 Turkey Breast Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Mashed Potatoes Broccoli Florets 4 oz. (JSD) k-8 Fresh Fruit Craisins Stuffing (Whole-Grain) Dinner Roll Fat Free Chocolate Milk 1% Milk Chicken Gravy	27 <i>Thanksgiving</i>	28 <i>Thanksgiving</i>

Menu subject to change.

USDA is an equal opportunity provider, employer, and lender.

November

Elementary & Middle School Breakfast

3 Cinnamon Mini Cinnis Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	4 Pancake Scrambled Eggs Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk	5 Waffle with Blueberries and Whip Scrambled Eggs Fresh Fruit Craisins Blueberry Muffin Cocoa Puffs Cereal Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	6 Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin Breakfast Sandwich Scrambled Eggs Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk	7 French Toast Sticks and Whip Topping Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk
10 <i>Teacher Inservice</i>	11 <i>Teacher Inservice</i>	12 Warm Cinnamon Apples and Funnel Cake Waffle Scrambled Eggs Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Cocoa Puffs Cereal Blueberry Muffin Skim Milk 1% Milk	13 Pancake & Sausage Breakfast Stick Scrambled Eggs Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk	14 French Toast Sticks and Whip Topping Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk
17 Cinnamon Mini Cinnis Scrambled Eggs Fresh Fruit Craisins Blueberry Muffin Cocoa Puffs Cereal Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	18 Pancake Scrambled Eggs Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk	19 Waffle with Blueberries and Whip Scrambled Eggs Fresh Fruit Craisins Blueberry Muffin Cocoa Puffs Cereal Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	20 Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin Breakfast Sandwich Scrambled Eggs Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk	21 French Toast Sticks and Whip Topping Scrambled Eggs Fresh Fruit Craisins Blueberry Muffin Cocoa Puffs Cereal Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk
24 Cinnamon Mini Cinnis Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	25 Pancake Scrambled Eggs Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk	26 Warm Cinnamon Apples and Funnel Cake Waffle Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	27 <i>Thanksgiving</i>	28 <i>Thanksgiving</i>

Menu subject to change.

USDA is an equal opportunity provider, employer, and lender.

November

Elementary School Lunch

3 Orange Popcorn Chicken Sliced Carrots Fresh Fruit Craisins Fortune Cookie Brown Rice Skim Milk 1% Milk	4 Beef Tacos (2) Mexican Bean Salad Fresh Fruit Craisins Skim Milk 1% Milk Sour Cream Packet	5 Chicken Alfredo with Whole Grain Pasta Broccoli Florets Fresh Fruit Craisins Cheesy Garlic Breadstick Skim Milk 1% Milk	6 Cheeseburger on Bun Lattice Cut Fries Fresh Fruit Craisins Skim Milk 1% Milk	7 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk
10 <i>Teacher Inservice</i>	11 <i>Teacher Inservice</i>	12 Spaghetti and Meat Sauce Broccoli Florets Fresh Fruit Craisins Cheesy Garlic Breadstick Skim Milk 1% Milk	13 Chicken Nuggets Ranch Style Pinto Beans Lattice Cut Fries Fresh Fruit Craisins Skim Milk 1% Milk	14 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk
17 General Tso's Chicken Drumstick Sliced Carrots Fresh Fruit Craisins Fortune Cookie Fried Rice Skim Milk 1% Milk	18 Beef Tacos (2) Mexican Bean Salad Fresh Fruit Craisins Skim Milk 1% Milk Sour Cream Packet	19 Chicken Alfredo with Whole Grain Pasta Broccoli Florets Fresh Fruit Craisins Cheesy Garlic Breadstick Skim Milk 1% Milk	20 Chicken Corn Dog Lattice Cut Fries Fresh Fruit Craisins Skim Milk 1% Milk	21 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk
24 Orange Popcorn Chicken Green Beans and Carrots Fresh Fruit Fortune Cookie Brown Rice Skim Milk 1% Milk	25 Beef Tacos (2) Mexican Bean Salad Fresh Fruit Skim Milk 1% Milk Sour Cream Packet	26 Turkey Breast Mashed Potatoes Broccoli Florets 4 oz. (JSD) k-8 Fresh Fruit Stuffing (Whole-Grain) Dinner Roll Skim Milk 1% Milk Chicken Gravy	27 <i>Thanksgiving</i>	28 <i>Thanksgiving</i>

Menu subject to change.

USDA is an equal opportunity provider, employer, and lender.

November

Thunder Mountain Middle School Lunch

3 Orange Popcorn Chicken Mojito Sushi and Hard-Boiled Egg Mojito Spicy Crab & Hard Boiled Egg Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Sliced Carrots Fresh Fruit Fortune Cookie Brown Rice Skim Milk 1% Milk	4 Soft Beef Tacos Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Mexican Bean Salad Fresh Fruit Spanish Brown Rice Skim Milk 1% Milk Sour Cream Packet	5 Chicken Alfredo with Whole Grain Pasta Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Broccoli Florets Fresh Fruit Cheesy Garlic Breadstick Skim Milk 1% Milk	6 Chicken Corn Dog Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Lattice Cut Fries Fresh Fruit Skim Milk 1% Milk	7 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Cheeseburger on Bun Green Beans Fresh Fruit Fat Free Chocolate Milk 1% Milk
10 <i>Teacher Inservice</i>	11 <i>Teacher Inservice</i>	12 Spaghetti and Meat Sauce Pepperoni Pizza Cheese Pizza Cheeseburger Broccoli Florets Fresh Fruit Cheesy Garlic Breadstick Skim Milk 1% Milk	13 Chicken Nuggets Pepperoni Pizza Cheese Pizza Cheeseburger Lattice Cut Fries Ranch Style Pinto Beans Fresh Fruit Dinner Roll Skim Milk 1% Milk	14 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Cheeseburger on Bun Green Beans Fresh Fruit Fat Free Chocolate Milk 1% Milk
17 General Tso's Chicken Drumstick Pepperoni Pizza Cheese Pizza Cheeseburger Sliced Carrots Fresh Fruit Fortune Cookie Fried Rice Skim Milk 1% Milk	18 Beef Tacos (2) Pepperoni Pizza Cheese Pizza Cheeseburger Mexican Bean Salad Fresh Fruit Spanish Brown Rice Skim Milk 1% Milk Sour Cream Packet	19 Chicken Alfredo with Whole Grain Pasta Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Broccoli Florets Fresh Fruit Cheesy Garlic Breadstick Skim Milk 1% Milk	20 Chicken Corn Dog Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Lattice Cut Fries Ranch Style Pinto Beans Fresh Fruit Skim Milk 1% Milk	21 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Cheeseburger Green Beans Fresh Fruit Fat Free Chocolate Milk 1% Milk
24 Orange Popcorn Chicken Mojito Sushi and Hard-Boiled Egg Mojito Spicy Crab & Hard Boiled Egg Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Green Beans and Carrots Fresh Fruit Fortune Cookie Brown Rice Skim Milk 1% Milk	25 Beef Tacos (2) Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Mexican Bean Salad Fresh Fruit Spanish Brown Rice Skim Milk 1% Milk	26 Turkey Breast Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Broccoli Florets 4 oz. (JSD) k-8 Mashed Potatoes Fresh Fruit Stuffing (Whole-Grain) Fat Free Chocolate Milk 1% Milk Chicken Gravy	27 <i>Thanksgiving</i>	28 <i>Thanksgiving</i>

Menu subject to change.

USDA is an equal opportunity provider, employer, and lender.

November

Juneau Community Charter School, Montessori Borealis, Yaakoosge High School

Breakfast

3 Cinnamon Mini Cinnis Scrambled Eggs Fresh Fruit Craisins Blueberry Muffin Cocoa Puffs Cereal Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	4 Pancakes Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	5 Waffle with Blueberries and Whip Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	6 Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin Breakfast Sandwich Fresh Fruit Craisins Blueberry Muffin Cocoa Puffs Cereal Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	7 French Toast Sticks Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk
10 <i>Teacher Inservice</i>	11 <i>Teacher Inservice</i>	12 Warm Cinnamon Apples and Funnel Cake Waffle Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	13 Pancake & Sausage Breakfast Stick Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	14 French Toast Sticks Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk
17 Cinnamon Mini Cinnis Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	18 Pancakes Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Cinnamon Giant Goldfish Grahams Blueberry Muffin Skim Milk 1% Milk	19 Waffle with Blueberries and Whip Scrambled Eggs Fresh Fruit Craisins Blueberry Muffin Cocoa Puffs Cereal Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	20 Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin Breakfast Sandwich Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	21 French Toast Sticks Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk
24 Apple Frudel Cherry Frudel Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	25 Pancakes Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	26 Warm Cinnamon Apples and Funnel Cake Waffle Scrambled Eggs Fresh Fruit Craisins Cocoa Puffs Cereal Blueberry Muffin Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	27 <i>Thanksgiving</i>	28 <i>Thanksgiving</i>

Menu subject to change.

USDA is an equal opportunity provider, employer, and lender.

November

Juneau Community Charter School, Montessori Borealis LUNCH

Orange Popcorn Chicken Sliced Carrots Fresh Fruit Craisins Fortune Cookie Brown Rice Skim Milk 1% Milk	3	Beef Tacos (2) Mexican Bean Salad Fresh Fruit Craisins Skim Milk 1% Milk Sour Cream Packet	4	Chicken Alfredo with Whole Grain Pasta Broccoli Florets Fresh Fruit Craisins Cheesy Garlic Breadstick Skim Milk 1% Milk	5	Cheeseburger on Bun Lattice Cut Fries Fresh Fruit Craisins Skim Milk 1% Milk	6	Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk	7
<i>Teacher Inservice</i>	10	<i>Teacher Inservice</i>	11	Spaghetti and Meat Sauce Broccoli Florets Fresh Fruit Craisins Cheesy Garlic Breadstick Skim Milk 1% Milk	12	Chicken Nuggets Ranch Style Pinto Beans Lattice Cut Fries Fresh Fruit Craisins Skim Milk 1% Milk	13	Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk	14
General Tso's Chicken Drumstick Sliced Carrots Fresh Fruit Craisins Fortune Cookie Fried Rice Skim Milk 1% Milk	17	Beef Tacos (2) Mexican Bean Salad Fresh Fruit Craisins Skim Milk 1% Milk Sour Cream Packet	18	Chicken Alfredo with Whole Grain Pasta Broccoli Florets Fresh Fruit Craisins Cheesy Garlic Breadstick Skim Milk 1% Milk	19	Chicken Corn Dog Lattice Cut Fries Fresh Fruit Craisins Skim Milk 1% Milk	20	Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk	21
Orange Popcorn Chicken Green Beans and Carrots Fresh Fruit Fortune Cookie Brown Rice Skim Milk 1% Milk	24	Beef Tacos (2) Mexican Bean Salad Fresh Fruit Skim Milk 1% Milk Sour Cream Packet	25	Turkey Breast Mashed Potatoes Broccoli Florets 4 oz. (JSD) k-8 Fresh Fruit Stuffing (Whole-Grain) Dinner Roll Skim Milk 1% Milk Chicken Gravy	26	<i>Thanksgiving</i>	27	<i>Thanksgiving</i>	28

Menu subject to change.

USDA is an equal opportunity provider, employer, and lender.

November

Yaakoosge Daakahidi High School Lunch

Orange Popcorn Chicken Sliced Carrots Fresh Fruit Craisins Fortune Cookie Fried Rice Fat Free Chocolate Milk 1% Milk	3	Soft Beef Tacos Mexican Bean Salad Fresh Fruit Craisins Spanish Brown Rice Fat Free Chocolate Milk 1% Milk Sour Cream Packet	4	Chicken Alfredo with Whole Grain Pasta Broccoli Florets Fresh Fruit Craisins Cheesy Garlic Breadstick Fat Free Chocolate Milk 1% Milk	5	Chicken Corn Dog Lattice Cut Fries Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk	6	Pepperoni Pizza Cheese Pizza Hawaiian Pizza Green Beans Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk	7
<i>Teacher Inservice</i>	10	<i>Teacher Inservice</i>	11	Spaghetti and Meat Sauce Broccoli Florets Fresh Fruit Craisins Cheesy Garlic Breadstick Skim Milk 1% Milk	12	Golden Crispy Chicken Tenders Ranch Style Pinto Beans Lattice Cut Fries Fresh Fruit Craisins Cheesy Garlic Breadstick Fat Free Chocolate Milk 1% Milk	13	Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans and Carrots Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk	14
General Tso's Chicken Drumstick Sliced Carrots Fresh Fruit Craisins Fortune Cookie Fried Rice Skim Milk 1% Milk	17	Beef Tacos (2) Mexican Bean Salad Fresh Fruit Craisins Spanish Brown Rice Skim Milk 1% Milk Sour Cream Packet	18	Chicken Alfredo with Whole Grain Pasta Broccoli Florets Fresh Fruit Craisins Cheesy Garlic Breadstick Skim Milk 1% Milk	19	Chicken Corn Dog Lattice Cut Fries Fresh Fruit Craisins Skim Milk 1% Milk	20	Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk	21
Orange Popcorn Chicken Green Beans and Carrots Sliced Carrots Fresh Fruit Fortune Cookie Fried Rice Fat Free Chocolate Milk 1% Milk	24	Beef Tacos (2) Mexican Bean Salad Fresh Fruit Brown Rice Fat Free Chocolate Milk 1% Milk Sour Cream Packet	25	Turkey Breast Mashed Potatoes Broccoli Florets 4 oz. (JSD) k-8 Fresh Fruit Craisins Stuffing (Whole-Grain) Dinner Roll Fat Free Chocolate Milk 1% Milk Chicken Gravy	26	<i>Thanksgiving</i>	27	<i>Thanksgiving</i>	28

Menu subject to change. USDA is an equal opportunity provider, employer, and lender.