

November HS Menu

Health-e Pro 

MON

TUE

WED

THU

FRI



HARVEST OF THE MONTH: KALE!

This month we will feature locally-grown kale

1 Turkey Dinner
Roasted Turkey with Mashed Potatoes, Stuffing, and Cranberry Sauce

SPECIAL OFFER

2 Chicken and Veggie Dumplings
Lo Mein Noodles
Roasted Cauliflower
Fortune Cookie

3 Walden Cheeseburger or Veggie Burger
Lettuce, Onion, Tomato
Sweet Potato Fries

6 Mozzarella Sticks & Chicken Meatballs
Marinara Dipping Sauce, with Mixed Vegetables

7 General Tso's Chicken over Brown Rice with Roasted Broccoli

8 Gyro on Pita Bread with Choice of Chicken or Chickpeas, Tomato, Onion, and Cucumber, Tzatziki Sauce & Tater Tots

No School



10 **No School**



13 **NEW** Popcorn Chicken or Chickpeas Tossed in Curry Sauce over Brown Rice and Roasted Cauliflower

14 Chicken Parmesan with Pasta, Garlic Breadstick, and Roasted Local Veggies

15 Red's Best Fish Taco
Fresh, Local Fish
Tater Tots, Coleslaw, & Sriracha Mayo

16 Chicken and Waffles with Sweet Potato Fries

17 Pasta with Choice of Meat or Marinara, Mozzarella Breadstick, & Fresh Local Veggies

20 Brunch for Lunch
French Toast Sticks, Chicken Sausage, Hash browns, Orange Juice
Parfait Bar

21 Revolution Bowl
Chicken, Beans, Brown Rice, Salsa, Sour Cream, Guacamole

22 **Please order a lunch with us for pick up!**

23 **No School**



24 **No School**



27 Mac & Cheese, Garlic Breadstick, and Roasted Broccoli

28 Homemade Vegetable or Beef Chili with Tortilla Chips

29 Baked Potato Bar
Choice of Toppings: Cheese, Broccoli, Chili, and more!

30 Grilled Cheese or Grilled Cheese and Tomato
Tomato Soup

All lunches are served with a milk, fruits, vegetables from the salad bar, and a smile!

ANNOUNCEMENTS

HAPPY DIWALI

Menus are subject to change based on product availability. Please contact us at lunchonline@abschools.org with any questions or comments.

All students receive daily 1 breakfast and 1 lunch at no charge.

Additional breakfast and lunch meals and a la carte items are available for purchase at each school. Visit our website for more information.

Lunch Alternates

Each student also may choose from our daily lunch options which include Boar's Head Deli sandwiches, Peanut Butter and Jelly, PowerPaks, Salads, Smoothies, and Pizza.

For allergen and nutrition information related to lunch alternates, please reach out to bippolito@abschools.org

For all other allergen and nutrition information, please visit <https://www.myschoolmenus.com/organizations/1555>