

High School November 2020 Menu

Side Lines:

Monday:

Pizza or

Popcorn Chicken or

Corn Dogs or Hot Pockets

Tuesday:

Beef or Chicken Nachos or

Burritos or Quesadillas

Wednesday:

Chicken Tenders or Chicken

Fried Steak or Drumsticks

or Hot Pockets

Thursday:

Country or Asian Bowl or

Corn Dogs

Friday:

CFS Burger or Hot Pocket or

Cheeseburgers, or

Chicken Burgers

2. Chicken Burger or Turkey or Ham Sandwich Seasoned Fries Lettuce and Tomatoes Fruit Cup Fresh Fruit	3. Lasagna w/Garlic Bread or Pizza Pocket Peas & Carrots Pinto Beans Fresh Fruit Fruit Cup	<u>4. Breakfast for Lunch</u> Egg & Sausage or Chicken Strips Both w/ Waffles Seasoned Fries Carrot Sticks Fruit Cup Fresh Fruit	5. Crisпитos w/Cheese Stick or Taco Salad Refried Beans Salsa Garden Salad Fresh Fruit Fruit Cup	6. Cheese Sticks or Chicken Cordon Bleu Broccoli Scalloped Potatoes Carrot Sticks Fruit Cup Fresh Fruit
9. Chicken Fried Steak w/ Hot Roll or Spaghetti w/Garlic Toast Mashed Potatoes w/Gravy Green Beans Fresh Fruit Fruit Cup	10. Chicken or Beef Nachos Refried Beans Garden Salad Salsa Fruit Cup Fresh Fruit	11. Corn Dog or BBQ Chicken w/ Hot Roll Crinkle Cut Fries Broccoli Seasoned Carrots Fresh Fruit Fruit Cup	12. Turkey or Ham Hoagie or BBQ Sandwich Sun Chips Carrot Sticks Broccoli & Tomatoes Fruit Cup Fresh Fruit	13. Cheese or Pepperoni Pizza or Chef Salad Corn English Peas Fresh Fruit Fruit Cup
16. Chicken Tenders or Drumstick Both w/ Hot Roll Mashed Potatoes w/Gravy Green Beans Fruit Cup Fresh Fruit	17. General TSO Chicken or Honey Glazed Wings w/Hot Roll or Japanese Veggies Broccoli Fried Rice Fresh Fruit Fruit Cup	18. Ham or Turkey Croissant or Frito Chili Pie Broccoli & Tomatoes Baked Beans Seasoned Curly Fries Fruit Cup Fresh Fruit	19. Turkey & Dressing Mashed Potatoes Sweet Potatoes Green Beans Hot Roll Fruit Salad	20. Cheese Sticks or Stuffed Crust Pizza or Chef Salad Carrot Sticks Corn Fruit Cup Fresh Fruit

Every Lunch includes a choice of vegetables, fruits, and milk. Every Breakfast includes a choice of fruit or juice and milk.

An Alternate Breakfast of Cereal and Toast is served daily!



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
French Toast Or Breakfast Pizza	Pancake on a Stick or Waffles w/ Syrup	Cinnamon Roll or Pig in a Blanket	Breakfast Sandwich or Biscuit & Sausage	Muffin w/ Sausage or Fruit Parfait