

# NOVEMBER | 2023



## PHS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> <b>Dorito</b> Walking Taco (28) Meat & Cheese (3) Lettuce & Salsa (5) Seasoned Black Beans (16) Fruit Milk	<b>31</b> Appetizer Basket w/ Cheese Sticks (36) & Boneless Wings (11) Marinara (2) Potato Wedges (14) Fruit Milk	<b>1</b> Ravioli (23) Bread Stick (14) Steamed Broccoli (2) Baby Carrots (12) w/ Ranch (5) Fruit Milk	<b>2</b> Chicken & Waffles (34) Syrup Cup (29) Tater Rounds (14) Glazed Sweet Potato (16) Fruit Milk	<b>3</b> <b>NO SCHOOL</b>
<b>6</b> Chicken Patty Sandwich (28) Baby Carrots (12) w/ Ranch (5) Baked Beans (36) Fruit Milk	<b>7</b> Popcorn Chicken Mashed Potato Bowl (43) Corn (16) Dinner Roll (15) Fruit Milk	<b>8</b> Cheesy Garlic Bread (22) Marinara (2) California Blend (3) Fruit Milk	<b>9</b> Spaghetti (18) Salad (4) w/ French (6) or Ranch (5) Steamed Broccoli (2) Bread Stick (14) Fruit Milk	<b>10</b> <b>East of Chicago</b> Pizza (42) Cucumbers & Tomatoes w/ Ranch (5) Green Beans (4) Fruit Milk
<b>13</b> <b>Nachos</b> (18) Meat & Nacho Cheese (10) Lettuce & Salsa (5) Refried Beans (16) Fruit Milk	<b>14</b> Cheese Stuffed Breadstick (32) Marinara Cup (10) Salad (4) w/ French (6) or Ranch (5) Fruit Milk	<b>15</b> Mac & Cheese (28) Potato Wedges (7) Steamed Broccoli (2) Dinner Roll (15) Fruit Milk	<b>16</b> <b>Holiday Meal</b> Chicken & Noodles (11) Mashed Potato (15) Green Beans (4) Stuffing (15) Dessert Fruit Milk	<b>17</b> <b>Old School</b> Pizza (42) Baby Carrots (12) w/ Ranch (5) Corn (16) Fruit Milk
<b>20</b> Cheeseburger (23) Baked Beans (36) Baby Carrots (12) w/ Ranch (5) Fruit Milk	<b>21</b> Grilled Cheese (28) Tomato soup (20) Steamed Broccoli (2) Fruit Milk	<b>22</b> <b>NO SCHOOL</b>	<b>23</b> <b>NO SCHOOL</b>	<b>24</b> <b>NO SCHOOL</b>
<b>27</b> Chicken Fajita (0) Tortilla (30) Cheese (0) Lettuce & Salsa (5) Seasoned Black Beans (16) Fruit Milk	<b>28</b> Appetizer Basket w/ Cheese Sticks (36) & Boneless Wings (11) Marinara (2) Potato Wedges (14) Fruit Milk	<b>29</b> Ravioli (23) Bread Stick (14) Steamed Broccoli (2) Baby Carrots (12) w/ Ranch (5) Fruit Milk	<b>30</b> Chicken & Waffles (34) Syrup Cup (29) Tater Rounds (14) Glazed Sweet Potato (16) Fruit Milk	<b>1</b> <b>East of Chicago</b> Pizza (42) Salad (4) w/ French (6) or Ranch (5) Green Beans (4) Fruit

### Fruit & Vegetables

You **MAY** take 2  
 Fruits and 2  
 Vegetables with your meal  
 But it is  
**REQUIRED** that  
 You take at least 1 of one  
 or the other  
 To count as a  
 Reimbursable  
 School meal

Fresh Fruit Choice  
 Served Daily

**Other Choices**  
 Chicken Breast Sandwich  
 (28)  
 Cheeseburger (26)  
 Cheese Sticks (30)  
 Spicy Chicken Breast  
 Sandwich (28)  
 School Pizza (33)  
 Salads (15)  
 PB&J w/ Yogurt (44)

(##) is Carb count