

- 2023 -

NOVEMBER

WEDNESDAY

THURSDAY

FRIDAY

MONDAY

TUESDAY

LUNCH MENU

LJHS

Additional milk or milk for sack lunches - \$.35

Smart Snacks - \$.35

Grilled Chicken or Chef Salad can be ordered in place of the main entrée.

A MILK (1% WHITE OR CHOCOLATE) COMES WITH EACH MEAL

ITEMS UNDERLINED ARE MADE FROM SCRATCH.

ITEMS WITH * ARE MADE WITH LOCAL FOODS.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

6

****Pizza Bake**
Roasted Squash
Roasted Broccoli
Fruit
Milk

7

****Walking Taco**
Salsa/Sour Cream
Lettuce/tomatoes
Refried Beans
Fruit

8

****Chicken & Noodles**
**Dinner Roll
Peas
Carrots
Fruit

9

****Hamburger**
Tomatoes/Lettuce/
Cheese/Pickles
Potato Wedges
Fruit

10

****Beef & Broccoli**
(broccoli on side)
Fried Rice
****Roasted Sweet Potatoes**
Fruit

13

Spaghetti w/
****meat sauce**
Garlic Bread
Green Beans
Fruit

14

****Steak Quesadilla**
Tortilla Chips
Salsa/Sour cream
Black Beans
Mexican Corn
Fruit

15

****Meatloaf**
Bread & Butter
****Mashed Potatoes**
Carrots
Fruit

16

Stuffed Aria Cheese
Breadstick w/
marinara
Salad w/ dressing
Fruit
Pumpkin Bar

17

****Chicken Strips**
French Fries
Baked Beans
Fruit

20

****Sloppy Joe**
Corn on the Cob
Roasted Parmesan Broccoli
Fruit

21

****Turkey/Ham Stuffing**
****Mashed Potatoes w/ gravy**
Pumpkin Pie

22

No School

23



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24

No School

27

****Chocolate Chip Pancake w/ syrup**
Bacon
Roasted Potatoes
Cinnamon Apples

28

Mac & Cheese
****Pigs in a blanket**
Broccoli &
Cauliflower
Fruit

29

Chili w/ crackers
Grilled Cheese
Roasted Squash
Fruit

30

Stuffed Aria
Pepperoni Pizza
Breadstick w/
marinara
Salad w/ dressing
Fruit