NOVEMBER

MIDDLE SCHOOL LUNCH MENU

ENTREES OFFERED DAILY

Peanut Butter & Jelly Uncrustable (vg)
with Cheese Stick (v) *or Hummus* (vg) *and Crackers*

Yogurt (v)
with Granola (vg)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	**3** NO SCHOOL	**4** **Pizza Sticks** (v)* **Honey Fire Chicken** *with Cinnamon Bread* **Grilled Cheese Sandwich** (v) *Stir Fried Cabbage* *Tossed Salad*	**5** **Nachos** *with Spicy Beef or Southwest Chicken* **Chicken & Cheese Empanadas** **Cheese Quesadilla** (v)* *Cilantro Lime Rice* *Graham Banana Bites*	**6** **Baked Ziti** (v)* *with Garlic Bread* **Cheese Pizza** (v) **Detroit-Style Pepperoni Pizza** *Greek Salad* *Parmesan Broccolini*
9 **Boneless Wings** *with Hush Puppies* **Chik'n Nuggets** (vg) *with Hush Puppies* **3-Bean Chili** (vg) *with Hush Puppies* *Sunshine Carrots* *Cilantro Lime Slaw*	**10** **Popcorn Chicken** *with Dinner Roll* **Hamburger** (Halal) **Cheeseburger** **Grilled Cheese Sandwich** (v) *Mashed Potatoes* *House Salad*	**11** NO SCHOOL	**12** **Nachos** *with Spicy Beef or Southwest Chicken* **Beef & Bean Burrito** (Halal) **Pizza Boli Bites** (v) *Baked Plantains* *Seasoned Pinto Beans*	**13** **Student Choice** **Lasagna** *with Garlic Bread* **Pizza Sticks** (v)* *Mediterranean Chickpea Salad* *Spring Mix Salad*
16 **Chicken Drumstick** *with Dinner Roll* **Crispy Chicken Sandwich** **Fiesta Queso Mac 'n Cheese** (v)* *with Dinner Roll* *Potato Wedges* *Chilled Mixed Fruit*	**17** **Popcorn Chicken** *with Garlic Knot* **Roasted Turkey Breast** *with Garlic Knot* **Veggie Buffalo Bites** (vg) *with Garlic Knot* *Pumpkin Souffle* *Parmesan Broccolini*	**18** **General Tso's Chicken** *with Naan* **Butter Chicken** *with Naan* **Pizza Sticks** (v)* *Steamed Broccoli* *Cran-Blueberry Salad*	**19** **Nachos** *with Spicy Beef or Southwest Chicken* **Beef & Bean Burrito** (Halal) **Cheese Quesadilla** (v)* *Cilantro Lime Rice* *Seasoned Black Beans*	**20** **Cheese Pizza** (v) **Chicken Caesar Pizza** **Spaghetti & Meat Sauce** *with Garlic Bread* *Kickin' Roasted Veggies* *Kiwi Wedges*
23 **Spicy Chicken Sandwich** **Pizza Sticks** (v)* **Grilled Cheese Sandwich** (v) *Curly Fries* *Broccoli & Cheese Soup*	**24** **Popcorn Chicken** *with Garlic Knot* **Pepperoni Pizza** **Chik'n Nuggets** (vg) *with Garlic Knot* *Mashed Potatoes* *Apple Sauce Cup*	**25** NO SCHOOL	**26** NO SCHOOL	**27** NO SCHOOL

(v) Vegetarian Entrées
*May contain animal-derived rennet
(vg) Vegan Entrées
(Halal) Halal Certified
Chef's Choice

Choose 3, 4, or all 5 of the offered food components:

PROTEIN · GRAINS · MILK · VEGGIES · FRUIT

Students must choose **at least 1/2 cup** of fruits or veggies.

*There are **no pork products or byproducts** on this menu.*

PWCS
LAUNCHING THRIVING FUTURES
FOOD AND NUTRITION

Menu subject to change based on product availability.

This institution is an equal opportunity provider.