

# NOVEMBER 2009

# LUNCH - SECONDARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Low Fat Mini Turkey Corn Dogs Bean &amp; Cheese Burrito <b>V</b> Café LA Chicken &amp; Cheese Enchiladas <b>Optional Weekly Entrée*</b></p> <p>Peas Celery Sticks Seedless Red Grapes Chilled Orange Juice Choice of Milk</p>	<p><b>3</b></p> <p>Chicken Cordon Bleu Style Sandwich <b>WG</b> California Nachos with Tortilla Chips <b>V</b> Beef Taco Triangles <b>Optional Weekly Entrée*</b></p> <p>Fresh Jicama Sticks with Lime Wedge Fresh Baby Carrots Oven Roasted Potato Wedges Chilled Apple Juice Choice of Milk</p>	<p><b>4</b></p> <p>Italian Calzone with Turkey Pepperoni Tostada Fiesta Salad <b>V</b> Chicken Caesar Salad Whole Wheat Wrap <b>WG</b> <b>CSS: "Latin Style Spud Stuffer with Whole Wheat Dinner Roll"</b> <b>Optional Weekly Entrée*</b></p> <p>Whole Kernel Corn <b>HOTM: Fresh Baby Carrots</b> Zucchini Sticks / Peach Cup Chilled Apple Juice Choice of Milk</p>	<p><b>5</b></p> <p>Hot &amp; Spicy Chicken Strips Oven Baked Cheese Pizza <b>V</b> Home-Style Shepherd's Pie with Grain Roll <b>WG</b> <b>Optional Weekly Entrée*</b></p> <p>Sweet Potato Sticks Café LA Tossed Side Salad Chilled Pears Chilled Orange Juice Choice of Milk</p>	<p><b>6</b></p> <p>Spaghetti &amp; Meatballs Toasted Cheese Sandwich <b>V WG</b> Kung Pao Chicken Bowl with Brown Rice <b>WG</b> <b>Optional Weekly Entrée*</b></p> <p>Whole Kernel Corn Italian Vegetable Medley Chilled Applesauce Chilled Orange Juice Choice of Milk</p>
<p><b>9</b></p> <p>Red Chile Beef &amp; Bean Burrito Peanut Butter &amp; Jelly Pocket <b>V WG</b> Grilled Beef Sliders with BBQ Slaw <b>Optional Weekly Entrée**</b></p> <p>Corn on the Cob Spanish Style Rice Seedless Red Grapes Chilled Orange Juice Choice of Milk</p>	<p><b>10</b></p> <p>Sliced Pepperoni Pizza Vegetarian Chili with Tortilla Chips <b>V</b> Asian Style Chicken Salad <b>Optional Weekly Entrée**</b></p> <p>Zucchini Sticks Fresh Baby Carrots Orange Citrus Smiles Chilled Apple Juice Choice of Milk</p>	<p><b>11</b></p> <p><b>VETERANS DAY</b></p>	<p><b>12</b></p> <p>Parmesan Lasagna Spicy Tex Mex Vegetarian Burrito <b>V WG</b> Chicken Italiano Melt <b>Optional Weekly Entrée**</b></p> <p>Fresh Baby Carrots Italian Vegetable Medley Chilled Peaches Chilled Orange Juice Choice of Milk</p>	<p><b>13</b></p> <p>Fish Filet Sandwich with Cheese <b>WG</b> Macaroni Au Gratin <b>V</b> Wings of Fire with Cheese Bread Bar <b>Optional Weekly Entrée**</b></p> <p>Oven Baked Crinkle Cut Fries Crisp Broccoli Bites Fresh Pineapple Chunks Chilled Orange Juice Choice of Milk</p>
<p><b>16</b></p> <p>Low Fat Mini Turkey Corn Dogs Bean &amp; Cheese Burrito <b>V</b> Café LA Chicken &amp; Cheese Enchiladas <b>WG</b> <b>Optional Weekly Entrée*</b></p> <p>Peas Celery Sticks Seedless Red Grapes Chilled Orange Juice Choice of Milk</p>	<p><b>17</b></p> <p>Chicken Cordon Bleu Style Sandwich <b>WG</b> California Nachos with Tortilla Chips <b>V</b> Beef Taco Triangles <b>Optional Weekly Entrée*</b></p> <p>Fresh Jicama Sticks with Lime Wedge Fresh Baby Carrots Oven Roasted Potato Wedges Chilled Apple Juice Choice of Milk</p>	<p><b>18</b></p> <p>Italian Calzone with Turkey Pepperoni Tostada Fiesta Salad <b>V</b> Chicken Caesar Salad Whole Wheat Wrap <b>WG</b> <b>CSS: "Latin Style Spud Stuffer with Whole Wheat Dinner Roll"</b> <b>Optional Weekly Entrée*</b></p> <p>Whole Kernel Corn <b>HOTM: Fresh Baby Carrots</b> Zucchini Sticks / Peach Cup Chilled Apple Juice Choice of Milk</p>	<p><b>19</b></p> <p>Hot &amp; Spicy Chicken Strips Oven Baked Cheese Pizza <b>V</b> Home-Style Shepherd's Pie with Grain Roll <b>WG</b> <b>Holiday Dinner</b> <b>Optional Weekly Entrée*</b></p> <p>Sweet Potato Sticks Café LA Tossed Side Salad Chilled Pears Chilled Orange Juice Choice of Milk</p>	<p><b>20</b></p> <p>Spaghetti &amp; Meatballs Toasted Cheese Sandwich <b>V WG</b> Kung Pao Chicken Bowl with Brown Rice <b>WG</b> <b>Optional Weekly Entrée*</b></p> <p>Whole Kernel Corn Italian Vegetable Medley Chilled Applesauce Chilled Orange Juice Choice of Milk</p>
<p><b>23</b></p> <p>Red Chile Beef &amp; Bean Burrito Peanut Butter &amp; Jelly Pocket <b>V WG</b> Grilled Beef Sliders with BBQ Slaw <b>Optional Weekly Entrée**</b></p> <p>Corn on the Cob Spanish Style Rice Seedless Red Grapes Chilled Orange Juice Choice of Milk</p>	<p><b>24</b></p> <p>Sliced Pepperoni Pizza Vegetarian Chili with Tortilla Chips <b>V</b> Asian Style Chicken Salad <b>Optional Weekly Entrée**</b></p> <p>Zucchini Sticks Fresh Baby Carrots Orange Citrus Smiles Chilled Apple Juice Choice of Milk</p>	<p><b>25</b></p> <p>Cheeseburger on Whole Wheat Bun <b>WG</b> Garden Veggie Burger with Cheese <b>V WG</b> Orange Chicken Bowl with Brown Rice <b>WG</b> <b>Optional Weekly Entrée**</b></p> <p>Crisp Baked Potato Rounds Shredded Lettuce &amp; Sliced Tomatoes Fresh Cut Cantaloupe Chilled Apple Juice Choice of Milk</p>	<p><b>26</b></p> <p><b>THANKSGIVING DAY</b></p>	<p><b>27</b></p> <p><b>THANKSGIVING DAY HOLIDAY</b></p>
<p><b>30</b></p> <p>Low Fat Mini Turkey Corn Dogs Bean &amp; Cheese Burrito <b>V</b> Café LA Chicken &amp; Cheese Enchiladas <b>WG</b> <b>Optional Weekly Entrée*</b></p> <p>Peas Celery Sticks Seedless Red Grapes Chilled Orange Juice Choice of Milk</p>	<p><b>M &amp; C: 10/7/2009</b></p>	<p><b>WEEK OF: 11/2, 11/16, &amp; 11/30</b> <b>*Optional Weekly Entrée: Deli Sub on Wheat and/or Café LA Tossed Garden Salad <b>V</b></b></p>	<p><b>WEEK OF: 11/9 &amp; 11/23</b> <b>**Optional Weekly Entrée: Turkey Breast &amp; Cheese on Wheat and/or Farmers Market Salad with Whole Wheat Dinner Roll <b>V</b></b></p> <p><b>V = Represent Vegetarian Entrée</b> <b>WG = Represent Whole Grain</b></p>	<p><b>Condiments Available: Ketchup, Mayonnaise, Mustard, Taco Sauce</b></p> <p><b>Salad Dressings Available: 1,000 Island, Caesar, French, Italian, Ranch, Asian Sesame</b></p>

Milk Options: 1% White, 1% Strawberry, FF Chocolate, or FF Lactose Free

Menus are Subject to Change