



NOVEMBER 2022

HIGH SCHOOL | LUNCH MENU

Specials:
Week 1: Chicken Caesar Salad
Week 2: Chicken Nacho Salad
Week 3: Turkey Cheese Salad
Week 4: Ham Salad
Week 5: Italian salad
 ** All Salads served with WG Dinner Roll or WG Pretzel Rod

DAILY:
 Whole Wheat Uncrustable Meal Box: (PBJ, String Cheese, Graham Crackers)
 * MTO Deli Station ~ *Pizza Station
 **Hamburgers ~ Cheeseburger ~ Veggie Burger ~ Hot Dogs ~ Chicken Tenders ~ Breaded Chicken Sandwich ~ Breaded Spicy Chicken Sandwich

Fresh Vegetable Variety: Carrots, Broccoli, Cucumber, Celery, Grape Tomato, Peppers

MON	TUES	WED	THURS	FRI
31 MTO Asian Station Sweet & Tangy Grilled Chicken Sandwich	1 MTO Asian Station Popcorn Chicken Parmesan	2 MTO Asian Station Kickin Chicken Fries	3 MTO Asian Station BBQ Pulled Pork Sandwich	4 MTO Asian Station Chicken Ranch Club Flat Bread <i>Week 4</i>
7 MTO Potato Station Chicken Parmesan Sandwich	8 MTO Potato Station Chili Garlic Popcorn Chicken with Lo Mein	9 MTO Potato Station Pineapple Chicken Bowl	10 School Closed	11 School Closed <i>Week 5</i>
14 MTO Pasta Station Cranberry Turkey Burger	15 MTO Pasta Station Cranberry Turkey Burger	16 MTO Pasta Station Cranberry Turkey Burger	17 MTO Pasta Station Cranberry Turkey Burger	18 MTO Pasta Station Cranberry Turkey Burger <i>Week 1</i>
21 MTO Breakfast Station (2) Beef Soft Tacos	22 MTO: Breakfast Station Chicken Corn Dog	23 MTO: Breakfast Station Cheese Stuffed Breadsticks	24 School Closed	25 School Closed <i>Week 2</i>
28 MTO Mexican Station Penne Alfredo with Chicken	29 MTO Mexican Station Beef Meat Ball Pizza Parmesan	30 MTO Mexican Station Baked Potato with Vegetarian Chili & Cheese, WG Biscuit		<i>Week 3</i>

Powering potential.



Provided Daily:
 Assorted Low Fat Unflavored, and Chocolate
 Assorted Fresh Fruit of the Day & Assorted 100% Fruit Juices
 Local produce grown within 350 miles is identified by (L).
 Questions and concerns: Please call Food Service 856-424-2316.
 Meal Applications can be filled out anytime during the school year
 Full Price Breakfast \$2.00 and Full Price Lunch \$3.10

All Lunches Must
 Include Choice of:
 Fruits and/or
 Vegetable
 And May Include:
 1% Low-Fat Milk

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STUDENT
NUTRITION

This institution is an equal opportunity provider

Menus are subject to change.