

NOVEMBER 2009 SECONDARY LUNCH MENU



Peanut free-Storefront Menu does not contain peanuts only, according to the manufacturer allergen statement on the product label. May contain soy or other nuts.



Vegetarian-Storefront Menu does not contain meat, poultry or fish. May contain milk and eggs.

SPECIAL

FOOTBALL SPIRIT DAY ON NOVEMBER 20TH!!



LOCALLY GROWN - On NOVEMBER 24TH locally grown Squash served with all meals.

\$2.20 Lunch includes: Entrée Side Fruit or Vegetable Milk Students must take a minimum of an entrée and one other choice (side, fruit/veg or milk).

Carb Count Menu available on the menu web at www.district196.org in the menu section.

Week 3	MONDAY November 2 November 23	TUESDAY November 3 November 24	WEDNESDAY November 4 November 25	THURSDAY November 5 November 26 & 27 NO SCHOOL - Thanksgiving	FRIDAY November 6
INTERNATIONAL FLAIR 	Entrée Quarter Pound Hot Dog on Whole-Grain Bun 1 Sun Chips Fruit/Vegetable Milk	Entrée Lasagna Nov 24 Squash Offered 1 Whole-Grain Breadstick Fruit/Vegetable Milk	Entrée Orange Chicken over Brown Rice 1 Strawberry Juice Bar Fruit/Vegetable Milk	Entrée Chicken Mashed Potato Bowl 1 Vanilla Physedibles Fruit/Vegetable Milk	Entrée 2 Cheese Bread Sticks & Dipping Sauce Fresh Greens Salad Fruit/Vegetable Milk
CAFE 196 	Entrée BBO Chicken Chunks With Wheat Roll Pudding Fruit/Vegetable Milk	Entrée French Toast Sticks with Syrup Nov 24 Squash Offered Yogurt Fruit/Vegetable Milk	Entrée Mini Burgers With Tator Tots 1 Strawberry Juice Bar Fruit/Vegetable Milk	Entrée Whole-Grain Grilled Cheese Sandwich With Chili 1 Vanilla Physedibles Fruit/Vegetable Milk	Entrée Tacos with Fixin' Boat 1 Fudge Bar Fruit/Vegetable Milk
DAKOTA DELI 	Entrée *Chef Salad With Multi-Grain Roll Pudding Fruit/Vegetable Milk	Entrée Variety *Wraps (Including Veggie & Hummus) Nov 24 Squash Offered 1 Sun Chips Fruit/Vegetable Milk	Entrée Chicken Grape Pasta Salad 1 Muffin Fruit/Vegetable Milk	Entrée Thai Chicken Wrap Asian Salad Fruit/Vegetable Milk	Entrée Chicken Caesar Pita 1 Fudge Bar Fruit/Vegetable Milk
Week 1	MONDAY November 9 November 30	TUESDAY November 10 December 1	WEDNESDAY November 11 December 2	THURSDAY November 12 December 3	FRIDAY November 13 December 4
INTERNATIONAL FLAIR 	Entrée Cheese Quesadilla With Fixings 1 Orange Cream Bar Fruit/Vegetable Milk	Entrée Spaghetti & Meat Sauce 1 Garlic Toast Fruit/Vegetable Milk	Entrée Chipotle Style Burrito 1 LowFat Ice Cream Cup Fruit/Vegetable Milk	Entrée Cheese Tortellini with Wheat Biscuit (Peanut free receive Breadstick) Fresh Greens Salad Fruit/Vegetable Milk	Entrée *Variety Homemade Pizza Fresh Fruit Fruit/Vegetable Milk
CAFE 196 	Entrée Mini Corn Dogs Macaroni and Cheese Fruit/Vegetable Milk	Entrée Chicken Patty Sandwich (spicy or regular) with Lettuce and Tomato Seasoned Potatoes Fruit/Vegetable Milk	Entrée Cheeseburger on Wheat Bun (Peanut Free receive Baked French Fries) French Fries Fruit/Vegetable Milk	Entrée Chicken Strips with Wheat Biscuit Sweet Potatoes Fruit/Vegetable Milk	Fruit/Vegetable Milk
DAKOTA DELI 	Entrée Whole-Grain Bagel Sandwich Pudding Fruit/Vegetable Milk	Entrée Variety *Sandwich *Variety Soup Fruit/Vegetable Milk	Entrée Fruit Plate with Cheese 1 LowFat Ice Cream Cup Fruit/Vegetable Milk	Entrée Chicken Caesar Salad With 1 Breadstick 1 Rice Krispie Bar Fruit/Vegetable Milk	Entrée 1 Peanut Butter Uncrustable with 1 Sun Chips 1 Cookie Fruit/Vegetable Milk
Week 2	MONDAY November 16	TUESDAY November 17	WEDNESDAY November 18	THURSDAY November 19	FRIDAY November 20
INTERNATIONAL FLAIR 	Entrée Cheesebread With Dipping Sauce 1 Teddy Grahams Fruit/Vegetable Milk	Entrée Creamy Chicken Alfredo 1 Whole Grain Breadstick Fruit/Vegetable Milk	Entrée *Big Daddy's Pizza 1 Variety Sherbet Fruit/Vegetable Milk	Entrée Nachos Grande With Fixings Hot Baked Apples Fruit/Vegetable Milk	Entrée Football Chicken Nuggets With Carrot Sticks Brown Rice Fruit/Vegetable Milk
CAFE 196 	Entrée 2 Mini Chicken Sandwiches Aloha Salad Fruit/Vegetable Milk		Entrée Hot Italian Sandwich 1 Variety Sherbet Fruit/Vegetable Milk		Entrée Homemade Pepperoni Calzone Fresh Veggies with Dip Fruit/Vegetable Milk
DAKOTA DELI 	Entrée Turkey Club Sandwich on Wheat 1 Sun Chips Fruit/Vegetable Milk	Entrée Variety *Sandwich *Variety Salad Fruit/Vegetable Milk	Entrée *BLT Salad 1 Variety Sherbet Fruit/Vegetable Milk	Entrée *Super Duper Sub 1 Sun Chips Fruit/Vegetable Milk	Entrée *Italian Pasta Salad with Whole Grain Breadstick Cinnamon Pretzel Fruit/Vegetable Milk

**May contain pork product(s).*

There are employment opportunities in ISD196 for daily and substitute Food Service positions. This institution is an equal opportunity provider.