

High School Specials Menu

Menus for NOVEMBER 2025

This institution is an equal opportunity provider. Menus are subject to change.

Monday, November 3

Line A: Pizza, garlic green beans, side salad

Line B: Chicken patty sandwich or beef and cheese enchilada w/ pasta and peas

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Tuesday, November 4



**No SCHOOL
TODAY**

**Make sure your
family votes!**

Wednesday, November 5

Line A: Chicken finger snack wrap, chips, lettuce

Line B: Chicken patty sandwich or beef and cheese enchilada w/ tots and beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, November 6

Line A: Cheese ravioli with sauce, garlic bread, salad

Line B: Cheese steak pinwheels or chicken fingers with rice and carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, November 7

Line A: Stromboli, tomato sauce, side salad

Line B: Chicken patty sandwich or beef and cheese enchilada with fries and veg.

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Monday, November 10

Line A: Pizza, garlic green beans, side salad

Line B: Chicken nuggets or meatball sub with pasta and green beans

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Tuesday, November 11

Line A: Taco salad, lettuce, salsa, cheese, olives, peppers

Line B: Popcorn chicken or beef and cheese burrito with pierogis and carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Wednesday, November 12

Line A: Pasta, meatballs, sauce, side salad

Line B: Chicken nuggets or meatball sub with tater tots and green peas

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Thursday, November 13

Line A: Turkey/bacon/cheese wrap, lettuce, fries

Line B: Spicy chicken sandwich or beef and cheese burrito with rice and veg.

Line C: K-12 Menu

Line D: Salads and cold sandwich selection

Friday, November 14

Line A: Stromboli, tomato sauce, side salad

Line B: Chicken nuggets or meatball sub with fries and peas and carrots

Line C: K-12 Menu

Line D: Salads and cold sandwich selection



STRANGE BUT TRUE!

WATER BIRDS LIKE GEESE AND SWANS MAY GLIDE PEACEFULLY ON THE WATER AND WADDLE COMICALLY ON LAND, BUT IN THE AIR THEY TAKE IT TO A WHOLE DIFFERENT LEVEL. THEY SOMETIMES MIGRATE AT 25,000 FEET IN THE AIR – THAT'S MORE THAN FOUR MILES HIGH!

FIND THE FIBER.

It's not hard. Everything in these two pictures is loaded with fiber! Your go-to sources for this all-



important nutrient should look like this stuff: fresh whole fruits and veggies,

beans, nuts, and grain products that are whole (like brown rice, corn, and quinoa) or processed grain foods (like bread, cereal, and pasta) that are made with at least 50% whole grains. Try to get

most of your fiber where it occurs naturally, rather than from highly



processed foods that include fiber as an added ingredient so they can be sold as "high fiber."

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Feast o' Fiber!

Lots of the foods we eat on Thanksgiving are good fiber sources, including all of the ones listed below. Find and color all of the letters in these "fiber foods," and then unscramble the leftover letters to learn the name of one Turkey Day favorite that contains no fiber.

**Broccoli Carrots Pumpkin Pie
Sweet Potatoes Cranberry Sauce**



ANSWER: _____

Even though this favorite food doesn't have any fiber, it's still a nutritious source of high quality protein that's relatively low in fat and calories compared to many other protein foods! Enjoy it along with generous portions of the higher-fiber stuff!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Monday, November 17	Tuesday, November 18	Wed., November 19	Thursday, November 20	Friday, November 21
<u>Line A</u> : Pizza, vegetable of the day, side salad	<u>Line A</u> : Muhl McBurger Wrap w/fixings, baked chips	<u>Line A</u> : Buffalo chicken w/ pasta, cheese filled bread	<u>Line A</u> : Tacos, lettuce, salsa, rice, corn, beans	<u>Line A</u> : Personal pan pizza, side salad w/ dressing
<u>Line B</u> : Spicy popcorn chicken or pulled pork sandwich with pasta	<u>Line B</u> : Popcorn chicken or grilled ham and cheese with pierogis and mixed veg.	<u>Line B</u> : Spicy popcorn chicken or pulled pork sandwich with tots & carrots	<u>Line B</u> : Popcorn chicken or grilled ham and cheese with rice and corn	<u>Line B</u> : Spicy popcorn chicken or pulled pork sandwich w/ fries and veg.
<u>Line C</u> : K-12 Menu	<u>Line C</u> : K-12 Menu	<u>Line C</u> : K-12 Menu	<u>Line C</u> : K-12 Menu	<u>Line C</u> : K-12 Menu
<u>Line D</u> : Salads and cold sandwich selection	<u>Line D</u> : Salads and cold sandwich selection	<u>Line D</u> : Salads and cold sandwich selection	<u>Line D</u> : Salads and cold sandwich selection	<u>Line D</u> : Salads and cold sandwich selection

