

NOVEMBER | 2023



ONSTED HIGH/MIDDLE SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 MAC & CHEESE MINI CORN DOGS	2 BEEF SOFT SHELL TACOS	3 PEPPERONI CALZONE
6 CHICKEN NUGGETS MASHED POTATO GRAVY	7 BOSCO STICKS MARINARA SAUCE	8 CHICKEN QUESIDALLA	9 SUB BAR	10 PIZZA
13 CHICKEN TENDERS MASHED POTATO GRAVY	14 BOSCO STICKS MARINARA SAUCE	15 BURRITO BAR	16 SPAGHETTI GARLIC BREAD	17 PEPPERONI CALZONE
20 TURKEY DINNER	21 BOSCO STICKS MARINARA SAUCE	22 11:10 DISMISSAL NO LUNCH	23 HAPPY THANKSGIVING	24 HAPPY THANKSGIVING
27 11:10 DISMISSAL NO LUNCH	28 BOSCO STICKS MARINARA SAUCE	29 BEEF NACHOS	30 FRENCH TST STKS HASH BROWN SAUSAGE	1

News

**Students Lunch Includes
Fresh Fruit & Veggie Bar**

Variety of Fruits & Veggies

Rotating

**Oranges, Apples, Apple
Slices, Bananas,
Pineapple, Pears, Grapes**

Canned Fruits

**Peaches, Pears, Mandarin
Oranges, Pineapple, Apple
Sauce**

Variety of Fruit Cups

Vegetables

**Carrots, Corn, Broccoli,
Peas, Calif Blend, Mix
Veggies, Green Beans,
Black Beans, Refried
Beans, Lettuce, Tomatoes,
Peppers**

**High School
Serving = 1 cup**

**Middle School
Serving = ¾ cup**

**THIS INSTITUTION IS AN
EQUAL OPPORTUNITY
PROVIDER**