MASSEY HILL/RAMSEY HIGH MENUS – NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11-1 Breakfast Parfait OR Mini Donuts Seasonal Fresh Fruit Teriyaki Chicken w/Rice OR Pizzeria Pizza Stir Fry California Blend Mixed Garden Salad Chilled Tropical Fruit Salad Fresh Apples OPTIONAL: Chef Salad w/Roll	11-2 Chicken Biscuit OR Cinnamon Roll Seasonal Fresh Fruit Corn Dog Nuggets OR Beef-a-Roni w/Hot Roll Green Beans Glazed Carrots Chilled Strawberries Fresh Plums Chef Salad w/Roll	11-3 Pizza Bagel OR School Spirit Ring Seasonal Fresh Fruit Chicken Nuggets w/Hot Roll OR Salisbury Steak & Gravy w/Hot Roll Seasoned Collard Greens Mashed Potatoes Chilled Mandarin Oranges Fresh Bananas
11-6 Belgium Waffles OR Fruit Frudel Seasonal Fresh Fruit Chicken & Rice Casserole w/Hot Roll OR Pork Chop On Bun Roasted Sweet Potatoes Steamed Broccoli Chilled Strawberries Fresh Plums	11-7 Egg & Cheese Biscuit OR French Toast Sticks Seasonal Fresh Fruit ***MEXICAN BAR*** Crispy Beef Tacos w/Cheese OR Chicken Fajitas OR Popcorn Chicken Salad w/Roll Mexican Rice Fiesta Black Beans Seasoned Corn Shredded Lettuce & Salsa Chilled Diced Peaches Fresh Apples	11-8 Ham & Cheese Flatbread OR Mini Donuts Seasonal Fresh Fruit Hot Dog and Chili OR BBQ Sandwich OR Popcorn Chicken Salad w/Roll Sweet Potato Fries Creamy Coleslaw Chilled Pineapple Fresh Pears Managers Choice Cookie	11-9 Sausage Biscuit OR Banana/Berry/Pumpkin Bread Seasonal Fresh Fruit ***Fast & Furious Early Release Meal*** Turkey & Cheese On Ciabatta Bread OR Manager's Choice Ham & Cheese Mixed Garden Salad Baby Carrots & Dip Chilled Mixed Fruit Sourlicious Raisins Optional: Pizzeria Pizza	11-10 NO SCHOOL
11-13 Pancake/Sausage On Stick OR Cinnamon Roll Seasonal Fresh Fruit Beef & Cheese Nachos OR Southwest Chicken Salad w/Chips Salsa Seasoned Corn Fiesta Black Beans Chilled Strawberries Fresh Apples	11-14 Chicken Biscuit OR Honey Bun Seasonal Fresh Fruit Chicken Tenders & Waffles OR Yogurt Parfaits OR Italian Grilled Cheese w/Marinara Sauce Peas & Carrots French Fries Chilled Diced Peaches Fresh Plums	11-15 Breakfast Taco OR Mini Donuts Seasonal Fresh Fruit Oven Roasted Turkey and Dressing w/Roll OR Rib B Que On Bun Seasoned Green Beans Sweet Potato Casserole Crustless Apple Pie Fresh Orange	11-16 Egg & Cheese Biscuit OR French Toast Sticks Seasonal Fresh Fruit Cheeseburger/Hamburger On Bun OR Chicken Taco Soup w/Cheese Quesadilla OR Ultimate Chicken Sandwich French Fries Carrots w/Dip Lettuce Leaf & Sliced Tomato Chilled Applesauce Variety Fresh Pears	11-17 Breakfast Pizza OR School Spirit Ring Seasonal Fresh Fruit Buffalo Chicken Flatbread OR Deli Turkey & Ham On Flatbread Steamed Broccoli Mixed Vegetables Fresh Bananas Chilled Mandarin Oranges
11-20 Breakfast Bites OR Manager's Choice Seasonal Fresh Fruit Meat Lovers Pizza OR Manager's Choice Entree Manager's Choice Vegetable Manager's Choice Vegetable Manager's Choice Fresh Fruit Chilled Fruit Variety Manager's Choice Fresh Fruit	11-21 Manager's Choice Biscuit OR French Toast Sticks Seasonal Fresh Fruit Ultimate Chicken Sandwich OR Manager's Choice Entrée Lettuce & Pickles Manager's Choice Vegetable Manager's Choice Vegetable Manager's Choice Fresh Fruit Chilled Fruit Variety	11-22 NO SCHOOL	11-23 NO SCHOOL	11-24 NO SCHOOL
11-27 Belgium Waffles OR Fruit Frudel Seasonal Fresh Fruit Salisbury Steak & Gravy w/Hot Roll OR Popcorn Chicken w/Hot Roll Mashed Potatoes Seasoned Broccoli Chilled Applesauce Fresh Pears	11-28 Egg & Cheese Biscuit OR French Toast Sticks Seasonal Fresh Fruit Spaghetti w/Meat Sauce & Breadstick OR Corn Dog Nuggets Seasoned Corn California Blend Chilled Diced Peaches Fresh Apples Chilled Pudding	11-29 Ham & Cheese Flatbread OR Mini Donuts Seasonal Fresh Fruit Chili w/Grilled Cheese Sandwich & Crackers OR Pork Chop On Bun Roasted Sweet Potato Chunks Green Peas Chilled Mixed Fruit Fresh Apples	11-30 Sausage Biscuit OR Banana/Berry/Pumpkin Bread Seasonal Fresh Fruit Chicken Alfredo w/Breadstick OR Beef Fiestada Glazed Carrots Seasoned Green Beans Chilled Pineapple Sourlicious Raisins	

Cereal, graham crackers, juice, fruit variety are available daily for breakfast

Check with the cafeteria for the availability of assorted muffins and toaster pastries

Flavored and unflavored skim milk is available daily for breakfast and lunch

This institution is an equal opportunity provider