



November 2024 Middle School Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2024-25 Lunch Prices: Students: FREE for ALL</p> <p>Adults: \$4.50 Milk (alone): \$0.50</p>	<p>GOOD FOOD GUIDE</p> <ul style="list-style-type: none"> locally sourced ingredients dairy free vegetarian <small>*All sides are vegetarian</small> 	<p>OFFERED DAILY:</p> <ul style="list-style-type: none"> - Low-fat or fat-free milk - Fresh Fruit - Sunbutter and Jelly Sandwich (GF) ✓ 		<p>November 1</p> <p>Choice of: Classic Cheese Pizzav ✓ Pepperoni Pizza (Pork Free)</p> <p>Tossed Chef Side Salad (GF) Baby carrots w/dip (GF)</p>
<p>November 4</p> <p>Choice of Capt. Robin's Fish Sandwich Cheesy Ravioli w/Roll ✓</p> <p>Cherry Tomatoes w/dip (GF) (GF) Classic Slaw</p>	<p>November 5 <i>Teacher Work Day</i> NO SCHOOL</p>	<p>November 6</p> <p>Choice of: Chicken Filet Sandwich w/choice of sauce Hummus Pack ✓</p> <p>TO GO: Greek Salad</p> <p>Baby Carrots w/dip (GF) Braised Greens (GF)</p>	<p>November 7</p> <p>Choice of: LOCAL Spicy chorizo pork pasta w/Roll (GF) Veggie Nuggets w/Roll ✓</p> <p>TO GO: Greek Salad</p> <p>Steamed Broccoli (GF) Cucumber Slices (GF)</p>	<p>November 8</p> <p>Choice of: Classic Cheese Pizza ✓ Veggie Lovers Pizzav ✓</p> <p>Caesar Side Salad (GF) Green Beans (GF)</p>
<p>November 11 NO SCHOOL</p>	<p>November 12</p> <p>Choice of: Sesame noodles w/ edamame ✓ (GF) Chicken & Vegetable Dumplings (GF)</p> <p>TO GO: Chicken Caesar Salad</p> <p>Steamed Broccoli (GF) Chili Roasted Sweet Potatoes (GF) (GF)</p>	<p>November 13</p> <p>Choice of: Chicken Chunks Veggie Nuggets ✓ (GF) Dinner Roll ✓ (GF)</p> <p>TO GO: Chicken Caesar Salad</p> <p>Oven Potatoes (GF) Mixed Vegetables (GF)</p>	<p>November 14</p> <p>Choice of: Curry Beans & Vegetables w/Rice ✓ (GF) Tuscan Chicken w/ Rice (GF)</p> <p>TO GO: Chicken Caesar Salad</p> <p>Zesty sweet potato fries (GF) Tomato Cucumber Cup (GF)</p>	<p>November 15</p> <p>Choice of: Classic Cheese Pizza ✓ BBQ Chicken Pizza</p> <p>Tossed Chef Side Salad (GF) (GF) Steamed Corn (GF)</p>
<p>November 18</p> <p>Choice of: Beef Hot Dog on a bun (GF) Toasted Cheddar Cheese Sandwich ✓</p> <p>Tomato Soup (GF) Corn Salad (GF)</p>	<p>November 19</p> <p>Choice of: Garden Bean Nachos ✓ Chicken Nachos</p> <p>TO GO: Italian Hoagie</p> <p>Tomatoes and Lettuce (GF) Classic Salsa (GF) Guacamole (GF)</p>	<p>November 20</p> <p>Choice of: Deluxe Burger Veggie Burgerv ✓</p> <p>TO GO: Italian Hoagie</p> <p>BBQ Baked Beans (GF) Oven Potatoes (GF)</p>	<p>November 21 Holiday Meal</p> <p>Choice of: Turkey Medallions & Roll Veggie Nuggets & Roll ✓</p> <p>Mac & Cheese Sweet Potatoes (GF) Collard Greens (GF)</p> <p>Apple Crumble</p>	<p>November 22</p> <p>Choice of: Classic Cheese Pizzav ✓ Pepperoni Pizza (Pork Free)</p> <p>Caesar Side Salad Baby Carrots w/dip</p>
<p>November 25</p> <p>Choice of: Vegetable Soft Corn Tacos ✓ Managers Choice</p> <p>Cucumber Slices (GF) Managers Choice Vegetable</p>	<p>November 26 <i>Early Release</i></p> <p>Choice of: Managers Choice Classic Cheese Pizza ✓</p> <p>Tossed Chef Side Salad (GF) Managers Choice Vegetable</p>	<p>November 27 NO SCHOOL</p>	<p>November 28 NO SCHOOL</p>	<p>November 28 NO SCHOOL</p>

Food Allergy Disclaimer: Please be aware DPS Nutrition prepares food in commercial kitchens, where cross-contact with food allergens is possible and where ingredient substitutions and recipe revisions are sometimes made. Additionally, manufacturers of commercial food products may change their product formulation or ingredient consistency at any time without notification. Actual ingredients and nutritional content may vary, and we cannot guarantee any food item will be completely free of food allergens. If you have questions regarding ingredients of a specific food or recipe, please reach out to the DPS Nutrition Services at 919-560-2370.