

**OHS/OMS**

**November**

**Lunch Price \$2.55**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<p><b>Happy Halloween</b> Mummy Dogs- Veg or All Beef Hot Dog wrapped in tortilla and other Halloween Treats <i>Fresh Fruit &amp; Salad Bar*</i></p>	<p><b>Pasta Bar</b> Choice of Pork Lo Mein, Chicken Alfredo, Marinara &amp; Dinner Roll (wgr) <i>Fresh Fruit &amp; Salad Bar*</i></p>	<p><b>Pizza Day</b> Assorted Pizzas Whole Grain Crust <i>Fresh Fruit &amp; Salad Bar*</i></p>	<p><b>National Sandwich Day</b> Chicken Caesar Flatbread(wgr) or Tuna Flatbread (wgr) <i>Fresh Fruit &amp; Salad Bar*</i></p>	<p><b>Baja Fish Tacos</b> Mildly Spicy Fish in a Soft Taco Shell Seasoned Rice &amp; Beans <i>Fresh Fruit &amp; Salad Bar*</i></p>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<p><b>BBQ</b> BBQ Pulled Pork on Wg roll Homemade Coleslaw <i>Fresh Fruit &amp; Salad Bar*</i></p>	<p><b>All Time Favorite</b> Chicken Tenders Breadsticks &amp; Sauce <i>Fresh Fruit &amp; Salad Bar*</i></p>	<p><b>Pizza Day</b> Assorted Pizzas Whole Grain Crust <i>Fresh Fruit &amp; Salad Bar*</i></p>	<p><b>Burgers</b> Hamburger, Cheeseburger or Veggie Burger Crunchy Baked Sweet Potato <i>Fresh Fruit &amp; Salad Bar*</i></p>	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<p><b>Caf ' Classic</b> Shepherd's Pie Homemade mashed potatoes, corn, and ground beef layered <i>Fresh Fruit &amp; Salad Bar*</i></p>	<p><b>Taste of Thanksgiving</b> Hot Turkey Sandwich Maine Butternut Squash <i>Fresh Fruit &amp; Salad Bar*</i></p>	<p><b>Pizza Day</b> Assorted Pizzas Whole Grain Crust <i>Fresh Fruit &amp; Salad Bar*</i></p>	<p><b>Breakfast for Lunch</b> Homemade Baked French Toast with Maine Blueberry Sauce or Syrup &amp; Ham <i>Fresh Fruit &amp; Salad Bar*</i></p>	<p><b>Deli Day</b> Whole Grain Wrap Choices: Ham, Tuna, Cheese Choice of veggie toppings <i>Fresh Fruit &amp; Salad Bar*</i></p>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<p><b>Chef's Choice TBA</b></p>	<p><b>No School</b> </p>	<p><b>No School</b> </p>	<p><b>HAPPY THANKSGIVING</b> </p>	<p><b>No School</b> </p>
<b>28</b>	<b>29</b>	<b>30</b>	<b>Nov. 1</b>	<b>Nov. 2</b>
<p><b>Philly Style Beef &amp; Cheese</b> Ground Beef, Grilled Onions &amp; Peppers, &amp; Cheese In a Sub Roll (wgr) <i>Fresh Fruit &amp; Salad Bar*</i></p>	<p><b>Breakfast for Lunch</b> Ham, Egg &amp; Cheese Burrito or Egg &amp; Cheese Burrito <i>Fresh Fruit &amp; Salad Bar*</i></p>	<p><b>Pizza Day</b> Assorted Pizzas Whole Grain Crust <i>Fresh Fruit &amp; Salad Bar*</i></p>	<p><b>Taco Boat</b> Whole Grain Tortilla Boat Pork Carnita Beans, Rice, Cheese <i>Fresh Fruit &amp; Salad Bar*</i></p>	<p><b>Panini Sandwich</b> Chicken Pesto Caprese Panini (Tomato, Mozzarella &amp; Pesto) <i>Fresh Fruit &amp; Salad Bar*</i></p>

Lunch Menu includes minimum of an Entrée, Whole Grain (wgr), Fruit, Veg, and Milk (low fat regular and flavored). Students must take a fruit or vegetable to be in compliance with National School Lunch Program. \*Salad Bar is included with lunch and offers different items daily which include fruits and vegetables as well as mixed salads, and items to go with daily menu. Sunbutter & Jelly Sandwich with Cheese Stick or Cheese Sandwiches are available as an alternate.

Free and reduced breakfast and lunch applications are available at the school offices.  
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