

# ZHS Lunch Nov. 2017

Mon

Tue

Wed

Thu

Fri

Menu subject to change	THIS INTSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER	1 Chicken and Sausage Fetti/ Pasta Peas Tossed Salad Fruit Choice Rolls Milk Choice	2 Beefy Nachos <b>Refried Beans</b> Corn Lettuce and Tomato Cup Fruit choice Milk choice Salsa, Jalapenos, and Sour Cream	3 Gumbo Rice Potato Salad <b>Seasoned Greens</b> Fruit Choice Crackers Milk choice
6 Chicken Tenders Mac and Cheese California Blend Veggies Tossed Salad Fruit Choice Rolls Milk Choice	7 <b>Lasagna</b> <b>Broccoli</b> Tossed Salad Fruit Choice Garlic Rolls Milk Choice	8 BBQ Sandwich on Bun <b>Baked Beans</b> Tossed Salad Fruit Choice Milk Choice	9 <b>Turkey and Gravy</b> <b>Cornbread Dressing</b> <b>Green Beans</b> <b>Sweet Potatoes</b> <b>Tossed Salad</b> <b>Fruit Choice</b> <b>Rolls</b> <b>Milk Choice</b>	10 Corndogs Corn Tossed Salad Fruit Choice Rolls Milk Choice
13 Meatloaf Mashed Potatoes Peas Tossed Salad Fruit Choice Rolls Milk Choice	14 Taco Soup / Tortilla <b>Refried Beans</b> Corn Fruit choice Milk choice Jalapenos, Sour Cream, Cheese	15 Gumbo Rice Potato Salad <b>Seasoned Greens</b> Fruit Choice Crackers Milk choice	16 Fish Scalloped Potatoes Seasoned Green Beans Tossed Salad Fruit Choice Rolls Milk Choice	17 Manager's Choice
20	21	22	23	24
<h1>Thanksgiving Break</h1>				
27 Salisbury Steaks and Gravy Mashed Potatoes <b>Carrot Coins</b> Tossed Salad Fruit Choice Rolls Milk Choice	28 Chicken and Sausage (Chicken gravy) Rice California blend Vegetables Tossed Salad Pineapples Milk Choice	29 Ground Beef Spaghetti <b>Spinach</b> Tossed Salad Fruit Choice Rolls Milk Choice	30 Baked Chicken Roasted Potatoes <b>Tomato and Cucumber salad</b> Tossed Salad Fruit Choice Rolls Milk Choice	