

USD 409 Atchison High School November 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		11/1/17	11/2/17	11/3/17
		Chicken Fried Steak OR Salisbury Steak Mashed Potatoes Gravy, Green Beans Whole Grain Roll Honey Dew, Peaches	Whole Grain Pizza Romaine Lettuce Cauliflower Blueberries Apricots	National sandwich Day (your choice) Sandwich Toppings Beans Mango Additional Fruit
11/6/17	11/7/17	11/8/17	11/9/17	11/10/17
Taco Meat OR Fajita Chicken Shredded Cheese Tortilla Chips, Salsa Refried Beans, Rice Pineapple, Kiwi	Chicken Nuggets OR Ham Wrap Croutons Hot Vegetable Grapes Applesauce	Whole Grain Corndog OR WG Burrito Tater Tots Beans Honey Dew Peaches	Hamburger OR Grilled Chicken Whole Grain Bun Sliced Pickle Green Beans Pears, Orange Half	Toasted Ham & Cheese OR Shrimp Poppers Tomato Soup Corn Apple Wedges Additional Fruit
11/13/17	11/14/17	11/15/17	11/16/17	11/17/17
Meatballs OR Hot Dog Whole Grain Bun Marinara Sauce Orange Halves Pears	Tenderloin Or Sloppy Joe Whole Grain Bun Coleslaw Hot Beans Tropical Fruit Watermelon	Whole Grain Pizza Romaine Lettuce Cucumbers Banana Fruit Cocktail	Turkey OR Ham Mashed Potatoes & Gravy Glazed Carrots Whole Grain Roll Dried Cranberries Apple Wedges	Make a Wrap WG Tortilla Shell Chicken or Ham or Beef Shredded Cheese, Beans Avocado, Peaches Additional Fruit
11/20/17	11/21/17	11/22/17	11/23/17	11/24/17
Whole Grain Burrito OR Corndog Refried Beans Salsa, Corn Apple Wedges Tropical Fruit	Rib Pattie or BBQ Beef Whole Grain Bun Vegetable Choices Two Fruits	No School	No School	No School
11/27/17	11/28/17	11/29/17	11/30/17	12/1/17
Shrimp Poppers OR Quesadilla Cheese Stick Roasted Cauliflower Green Beans, Croutons Pineapple, Mango	Chicken Pattie OR Tenderloin Whole Grain Bun Pickle Slices, Peas Grapes Apricots	Hot Dog OR Rib OR Meatballs Whole Grain Bun Chili Beans Confetti Fries Cantaloupe Applesauce	Salisbury Steak OR Chicken Fried Steak Mashed Potatoes Gravy, Broccoli Whole Grain Roll Kiwi, Tropical Fruit	Whole Grain Pizza Romaine Lettuce Red Peppers, Beans Cherry Crisp Additional Fruit

A salad bar is available with all meals. A choice of protein and cheese in place of an entrée' is available daily.

A Carton of milk is included with each meal.

This institution is an equal opportunity provider and employer.