

NOVEMBER 2022

General McLane High School

LUNCH



Lunch \$3.60
Reduce \$0.40
Adult \$4.25



November is National Peanut Butter Lovers Month. Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

No School

Goulash
Breadstick
Green Beans
Peaches **1**

Chicken Pot Pie
Mashed Potatoes
Peas
Fruit Cup **2**

Walking Tacos **3**
Cooked Carrots
Applesauce
Fruit Churro

Cheese Calzone **4**
Seasoned Vegetables
Mandarin Oranges
Sidekicks
Cookie

Chicken Fajita **7**
Rice
Mexicali corn
Mandarin Oranges

Spaghetti W/ Meat Sauce **8**
Garlic Breadstick
Seasoned Green Beans
Assorted Fruit

French Toast **9**
W/ Sausage
Tater Tots
Fresh Melon Salad

Chicken Stripes w/ Sauces **10**
Fries
Mixed Vegetables
Peaches

No School **11**

General Tso Chicken **14**
Rice
Vegetable Blend
Fruit Salad

Chicken Parmesan **15**
over Pasta
WG Dinner Roll
Seasoned Green Beans
Side Kick Fruit Cup

Mac & Cheese **16**
Cheese-it Crackers
Fries
Cauliflower
Assorted fruit

Thanksgiving Lunch **17**

Italian Dunkers **18**
Marinara Sauce
Seasoned Corn
Pears

Asian Chicken **21**
Steamed Rice
Winter Vegetable Blend
Tropical Fruit Salad

Grilled Cheese Sandwich **22**
Tomato Soup
California Vegetable Blend
Mandarin Oranges

No School **23**

No School **24**

No School **25**

No School **28**

Loaded Fries **29**
Soft Pretzel
Cauliflower
Pears

BBQ Pulled Pork **30**
Sandwich
Vegetable Fried Rice
Peas
Tropical Fruit Salads



Menu subject to change based on item availability. Due to nationwide food shortages, many items may be unavailable with little to no notice