

NOVEMBER 2017

Winnacunnet High School

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Monday

Tuesday

Wednesday

Thursday

Friday



6
Salsa & cheese chicken melt
Salsa & cheese Veggie patty
Whole wheat roll

Sandwich of the week, Turkey BLT

7
Cheese Quesadilla
Red beans & rice
Salsa
Salad of the week, roasted vegetable
And grilled chicken, balsamic

8
American Chop Suey
Bread stick,
Steamed veg
Ratatouille over pasta

9
Whole grain assorted pizza
Pasta salad

10
No school
Veterans
Day
Observed

13
Baked Potato w/
Broccoli & cheese
Or Chili & cheese

No salad bar available this week
Sandwich of the week, Warrior roast
Beef on ciabatta

14
Loaded beef Nacho
or
Loaded Veggie chili Nachos
Salad of the week, Garden salad
With egg salad

15
Pasta w/ Marinara
Or meat sauce
Garlic bread stick
Steamed vegetable

16
Traditional
Turkey Dinner
Pumpkin pie

Stuffed Acorn squash

17
Whole grain assorted pizza
Chef choice salad

20
Hot dog
Whole wheat bun
Baked beans, fries

Cheese Quesadilla
No sandwich of the week
No salad of the week

21
Whole grain assorted pizza
Chef choice salad

No salad bar this week

22
No school
Thanksgiving
Break

23
Happy
Thanksgiving

24
Happy
Thanksgiving

27
No
School
Transition day

Sandwich of the week, Teriyaki
Chicken wrap

28
BBQ cheeseburger
Whole wheat roll
Spicy fries
Roasted vegetable wrap
Salad of the week, Lemon pepper
chicken and pasta

29
Mozzarella sticks
Bow tie pasta
W/ broccoli, garlic herb sauce
Side salad

30
Steak & cheese
Sub,
Whole wheat roll
Cranberry, orange
Barley salad
Roasted veggie melt

This institution is an equal opportunity employer.
1% milk, fat free flavored milk and water served daily.
Fresh fruit, veggie sticks & side salad served daily

Hot soup served daily.
Salad bar and Deli bar served daily.
Menus are available to everyone every day.

