




NOVEMBER

MCGREGOR JUNIOR HIGH LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		S-BEEF TACO S-STEAK FINGERS G: WHOLE GRAIN ROLL S-CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G - W/K CORN G - SEAS. PINTO BEANS G-ROMAINE/SPINACH SALAD G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE G RAINNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%	S - CHICKEN FRIED STEAK S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-MASHED POTATOES G - SEAS. GREEN BEANS G-CARROT STICKS G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE G RAINNY SMITH G-ORANGE G-BANANA	S - CHEESEBURGER S - FISH FINGERS G - GRAHAM CRACKERS 3 CT S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD S - POTATO ROUNDS G - LETTUCE & TOMATO G-CELERY STICKS G-CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE G RAINNY SMITH G-ORANGE G-BANANA
S - CORN DOG S-STEAK FINGERS G: WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-CARROT COINS G - SEAS. GREEN BEANS G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE G RAINNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%	SLOPPY JOE ON A ROLL S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - SEAS. GREEN BEANS G-MASHED POTATOES G - W/K CORN G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE G RAINNY SMITH G-ORANGE G-BANANA	S - FRITO PIE S - CORNBREAD S - STEAK FINGERS S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE REFRIED BEANS G-ROMAINE/SPINACH SALAD G-MASHED POTATOES G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE G RAINNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%	S - SPAGHETTI W MEAT S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - W/K CORN G - SEAS. PINTO BEANS G - STEAMED BROCCOLI G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE G RAINNY SMITH G-ORANGE G-BANANA	S - CHEESEBURGER S - FISH FINGERS Crackers W/G S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - LETTUCE & TOMATO S - POTATO ROUNDS G-CARROT STICKS G-CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE G RAINNY SMITH G-ORANGE G-BANANA
S - HOAGIE SANDWICH S- BBQ CHICKEN G: WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-CARROT STICKS G-QUICK BAKED POTATOES G - SEAS. GREEN BEANS G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE G RAINNY SMITH G-ORANGE G-BANANA	S - CHICKEN SPAGHETTI S-CHICKEN NUGGETS S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G: WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G - W/K CORN G - SEAS. GREEN BEANS G-MASHED POTATOES G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE G RAINNY SMITH G-ORANGE G-BANANA	S - ROAST TURKEY & GRAVY S - SAVORY DRESSING S-STEAK FINGERS G: WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD SEAS. GREEN BEANS G-MASHED POTATOES G - STEAMED BROCCOLI G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE G RAINNY SMITH G-BANANA G-ORANGE G-MILK WHITE 1%	S - NACHOS W GROUND BEEF SPANISH RICE S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - SEAS. GREEN BEANS G-MASHED POTATOES G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE G RAINNY SMITH G-ORANGE	S - CHEESEBURGER S - FISH FINGERS G - GRAHAM CRACKERS 3 CT S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-CELERY STICKS G - LETTUCE & TOMATO S - POTATO ROUNDS G-CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE G RAINNY SMITH G-ORANGE G-BANANA
20 21 22 23 24 THANKSGIVING HOLIDAYS 				
S - CHICKEN ON BUN S-STEAK FINGERS G: WHOLE GRAIN ROLL S-PEPPERONI PIZZA WEDGE S- CHEESE PIZZA G - BAKED BEANS S-POTATOES AU GRATIN G-ROMAINE/SPINACH SALAD G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE G RAINNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%	S - LASAGNA W GRND BEEF S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - STEAMED BROCCOLI G-CARROT COINS G-MASHED POTATOES G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE G RAINNY SMITH G-ORANGE G-BANANA	S-BEEF TACO S-STEAK FINGERS G: WHOLE GRAIN ROLL S-CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G - W/K CORN G - SEAS. PINTO BEANS G-ROMAINE/SPINACH SALAD G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE G RAINNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%	S - CHICKEN FRIED STEAK S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-MASHED POTATOES G - SEAS. GREEN BEANS G-CARROT STICKS G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE G RAINNY SMITH G-ORANGE G-BANANA	

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