Rota Lunch Menu November 2020

Elementary Lunch Menu

2 Teriyaki Chicken w/Fried Rice **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegeables:** Steamed Broccoli Mashed Potatoes **Choice of:** Ice Cold Milk	3 Soft Tacos **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Side Salad Green Peas **Choice of:** Ice Cold Milk	4 Lasagna w/ Roll **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Mixed Vegetables Fresh Carrots **Choice of:** Ice Cold Milk	5 Chicken Sandwich **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Corn Cucumber & Tomato Salad **Choice of:** Ice Cold Milk	6 Pizza **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Roasted Sweet Potatoes Baked Beans **Choice of:** Ice Cold Milk
9 **NO SCHOOL**	10 Chicken Tenders **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Side Salad Green Peas **Choice of:** Ice Cold Milk	11 **VETERANS DAYS** **NO SCHOOL**	12 Turkey Deli Sandwich **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Corn Cucumber & Tomato Salad **Choice of:** Ice Cold Milk	13 Pizza **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Roasted Sweet Potatoes Baked Beans **Choice of:** Ice Cold Milk
16 BBQ Meatballs w/Roll **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegeables:** Corn Mashed Potatoes **Choice of:** Ice Cold Milk	17 Grilled Cheese **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Side Salad Green Peas **Choice of:** Ice Cold Milk	**18** **Thanksgiving Meal** **Choice of One:** Turkey or Ham w/Stuffing & Roll Assorted Fresh Fruit Mashed Potatoes Green Bean Casserole Ice Cold Milk	19 Breakfast for Lunch **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Steamed Broccoli Cucumber & Tomato Salad **Choice of:** Ice Cold Milk	20 Cheeseburger **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Roasted Sweet Potatoes Baked Beans **Choice of:** Ice Cold Milk
23 Tangerine Chicken w/Fried Rice **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Steamed Broccoli Mashed Potatoes **Choice of:** Ice Cold Milk	24 Nathan's Hot Dog **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Side Salad Green Peas **Choice of:** Ice Cold Milk	25 Pasta w/Meat Sauce **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Mixed Vegetables Fresh Carrots **Choice of:** Ice Cold Milk	26 **Thanksgiving Day** **No School**	27 **Thanksgiving break** **No School**
30 Hot Ham & Cheese Croissant **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Corn Mashed Potatoes **Choice of:** Ice Cold Milk	December 1 Chicken Tenders **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Side Salad Green Peas **Choice of:** Ice Cold Milk	2 Grilled Chicken Sandwich **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Mixed Vegetables Fresh Carrots **Choice of:** Ice Cold Milk	3 Turkey Deli Sandwich **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Steamed Broccoli Cucumber & Tomato Salad **Choice of:** Ice Cold Milk	4 Pizza **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Roasted Sweet Potatoes Baked Beans **Choice of:** Ice Cold Milk

Meal Prices:
Free of charge until the end of School Year

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Menu subject to change based on availability

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Rota Lunch Menu November 2020

Secondary Lunch Menu

2 Teriyaki Chicken w/Fried Rice and Roll **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Steamed Broccoli Mashed Potatoes **Choice of:** Ice Cold Milk	3 Soft Tacos **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Side Salad Green Peas **Choice of:** Ice Cold Milk	4 Spaghetti Bowl w/Roll **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Mixed Vegetables Fresh Carrots **Choice of:** Ice Cold Milk	5 Deli Sandwich or Wrap **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Corn Cucumber & Tomato Salad **Choice of:** Ice Cold Milk	6 Pizza **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Roasted Sweet Potatoes Baked Beans **Choice of:** Ice Cold Milk
9 **NO SCHOOL**	10 Chicken Tenders w/Roll **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Side Salad Green Peas **Choice of:** Ice Cold Milk	11 **VETERANS DAYS** **NO SCHOOL**	12 Salad Bowl w/Roll **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Corn Cucumber & Tomato Salad **Choice of:** Ice Cold Milk	13 Pizza **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Roasted Sweet Potatoes Baked Beans **Choice of:** Ice Cold Milk
16 BBQ Meatballs w/Roll **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Corn Mashed Potatoes **Choice of:** Ice Cold Milk	17 Chicken Sandwich **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Side Salad Green Peas **Choice of:** Ice Cold Milk	**18** **Thanksgiving Meal** **Choice of One:** Turkey or Ham w/Stuffing & Roll Assorted Fresh Fruit Mashed Potatoes Green Bean Casserole Ice Cold Milk	19 Deli Sandwich or Wrap **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Steamed Broccoli Cucumber & Tomato Salad **Choice of:** Ice Cold Milk	20 Burrito Bowl **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Roasted Sweet Potatoes Baked Beans **Choice of:** Ice Cold Milk
23 Tangerine Chicken w/Fried Rice and Roll **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Steamed Broccoli Mashed Potatoes **Choice of:** Ice Cold Milk	24 Hot Dogs **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Side Salad Green Peas **Choice of:** Ice Cold Milk	25 Grilled Chicken Sandwich **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Mixed Vegetables Fresh Carrots **Choice of:** Ice Cold Milk	26 **Thanksgiving Day** **No School**	27 **Thanksgiving break** **No School**
30 BBQ Meatballs w/Roll **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Corn Mashed Potatoes **Choice of:** Ice Cold Milk	December 1 Chicken Sandwich **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Side Salad Green Peas **Choice of:** Ice Cold Milk	2 Spaghetti Bowl w/Garlic Bread **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Mixed Vegetables Fresh Carrots **Choice of:** Ice Cold Milk	3 Deli Sandwich or Wrap **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Steamed Broccoli Cucumber & Tomato Salad **Choice of:** Ice Cold Milk	4 Burrito Bowl **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Roasted Sweet Potatoes Baked Beans **Choice of:** Ice Cold Milk

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Sure Start Lunch Menu

	3 Soft Tacos **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Side Salad Green Peas **Choice of:** Ice Cold Milk	4 Lasagna w/ Roll **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Mixed Vegetables Fresh Carrots **Choice of:** Ice Cold Milk	5 Chicken Sandwich **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Corn Cucumber & Tomato Salad **Choice of:** Ice Cold Milk	6 Pizza **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Roasted Sweet Potatoes Baked Beans **Choice of:** Ice Cold Milk
9 **NO SCHOOL**	10 Chicken Tenders **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Side Salad Green Peas **Choice of:** Ice Cold Milk	11 **VETERANS DAYS** **NO SCHOOL**	12 Turkey Deli Sandwich **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Corn Cucumber & Tomato Salad **Choice of:** Ice Cold Milk	13 Pizza **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Roasted Sweet Potatoes Baked Beans **Choice of:** Ice Cold Milk
16 BBQ Meatballs w/Roll **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegeables:** Corn Mashed Potatoes **Choice of:** Ice Cold Milk	17 Grilled Cheese **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Side Salad Green Peas **Choice of:** Ice Cold Milk	**18** **Thanksgiving Meal** **Choice of One:** Turkey or Ham w/Stuffing & Roll Assorted Fresh Fruit Mashed Potatoes Green Bean Casserole Ice Cold Milk	19 Breakfast for Lunch **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Steamed Broccoli Cucumber & Tomato Salad **Choice of:** Ice Cold Milk	20 Cheeseburger **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Roasted Sweet Potatoes Baked Beans **Choice of:** Ice Cold Milk
23 Tangerine Chicken w/Fried Rice **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Steamed Broccoli Mashed Potatoes **Choice of:** Ice Cold Milk	24 Nathan's Hot Dog **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Side Salad Green Peas **Choice of:** Ice Cold Milk	25 Pasta w/Meat Sauce **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Mixed Vegetables Fresh Carrots **Choice of:** Ice Cold Milk	26 **Thanksgiving Day** **No School**	27 **Thanksgiving break** **No School**
30 Hot Ham & Cheese Croissant **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Corn Mashed Potatoes **Choice of:** Ice Cold Milk	December 1 Chicken Tenders **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Side Salad Green Peas **Choice of:** Ice Cold Milk	2 Grilled Chicken Sandwich **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Mixed Vegetables Fresh Carrots **Choice of:** Ice Cold Milk	3 Turkey Deli Sandwich **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Steamed Broccoli Cucumber & Tomato Salad **Choice of:** Ice Cold Milk	4 Pizza **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Roasted Sweet Potatoes Baked Beans **Choice of:** Ice Cold Milk

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