

# New Heights School
# November Lunch Menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **11/2** | **11/3** | **11/4** | **11/5** | **11/6** |
| **Main Entrée**<br>French Toast Sticks & Cheese Omelet<br>**Sides**<br>Roasted Sweet Potatoes<br>Fresh Fruit & Veggie Bar<br>**Alternates**<br>Chicken Tenders<br>Uncrustable | **Main Entrée**<br>Bite Size Pizza Pillows<br>**Sides**<br>Crispy french fries<br>Caesar salad<br>Fresh Fruit & Veggie Bar<br>**Alternates**<br>Crispy Chicken Sandwich<br>Uncrustable | **Main Entrée**<br>Cheese or Turkey Sausage Pizza<br>**Sides**<br>Broccoli Cranberry Salad<br>Crispy Potato Coins<br>Fresh Fruit & Veggie Bar<br>**Alternates**<br>Ham and Cheese Sub<br>Uncrustable | **Main Entrée**<br>Orange Chicken or General Tso Chicken<br>**Sides**<br>Roasted Broccoli<br>White Rice & Fortune cookie<br>Fresh Fruit & Veggie Bar<br>**Alternates**<br>Southwest salad<br>Uncrustable | **Main Entrée**<br>Chicken or Beef Walking Taco<br>**Sides**<br>Fiesta black beans<br>Spanish rice<br>Fresh Fruit & Veggie Bar<br>**Alternates**<br>Chicken Caesar Salad<br>Uncrustable |
| **11/9** | **11/10** | **11/11** | **11/12** | **11/13** |
| **Main Entrée**<br>Chicken Tenders or<br>Hawaiian Chicken Burger<br>**Sides**<br>Crispy French Fries<br>Pineapple Jalapeño Slaw<br>Fresh Fruit & Veggie Bar<br>**Alternates**<br>Turkey & Cheese Crossiant<br>Uncrustable | **Main Entrée**<br>Italian Dunker<br>**Sides**<br>Garlic Herb Roasted Potatoes<br>Chocolate Chip Cookie<br>Cinnamon Applesauce<br>Fresh Fruit & Veggie Bar<br>**Alternates**<br>Deli Club Sandwich<br>Uncrustable | **Main Entrée**<br>Pepperoni or Margherita Pizza<br>**Sides**<br>Italian Chop Salad<br>Onion Rings<br>Fresh Fruit & Veggie Bar<br>**Alternates**<br>Chicken Caesar Salad<br>Uncrustable | **Main Entrée**<br>Penne Pasta w/Bolognese Sauce<br>**Sides**<br>Caesar Salad<br>Breadstick<br>Fresh Fruit & Veggie Bar<br>**Alternates**<br>Southwest Salad<br>Uncrustable | **Main Entrée**<br>Chicken or Pork Burrito Bowl<br>**Sides**<br>Cilantro Lime Rice<br>Cowboy Caviar Salad<br>Fresh Fruit & Veggie Bar<br>**Alternates**<br>Chicken Salad Crossiant<br>Uncrustable |
| **11/16** | **11/17** | **11/18** | **11/19** | **11/20** |
| **Main Entrée**<br>Macaroni and Cheese<br>**Sides**<br>Mashed Potatoes w/Chicken Gravy<br>Dinner roll and corn<br>Fresh Fruit & Veggie Bar<br>**Alternates**<br>Popcorn Chicken bowl<br>Uncrustable | **Main Entrée**<br>Bite Size Pizza Pillows<br>**Sides**<br>Crispy french fries<br>Greek Salad<br>Fresh Fruit & Veggie Bar<br>**Alternates**<br>Crispy Chicken Sandwich<br>Uncrustable | **Main Entrée**<br>Cheese or Dill Pickle Garlic Pizza<br>**Sides**<br>Caesar salad<br>Crispy potato coins<br>Fresh Fruit & Veggie Bar<br>**Alternates**<br>Ham and Cheese Sub<br>Uncrustable | **Main Entrée**<br>Orange Chicken or General Tso Chicken<br>**Sides**<br>Roasted Broccoli<br>White Rice & Fortune cookie<br>Fresh Fruit & Veggie Bar<br>**Alternates**<br>Southwest salad<br>Uncrustable | **Main Entrée**<br>Chicken or Beef Walking Taco<br>**Sides**<br>Fiesta black beans<br>Spanish rice<br>Fresh Fruit & Veggie Bar<br>**Alternates**<br>Chicken Caesar Salad<br>Uncrustable |
| **11/23** | **11/24** | **11/25** | **11/26** | **11/27** |
| **Main Entrée**<br>Cheeseburger or Hamburger<br>**Sides**<br>Baked Beans & French Fries<br>Creamy Coleslaw<br>Fresh Fruit & Veggie Bar<br>**Alternates**<br>Pizza Roll Crunchers<br>Uncrustable | **Main Entrée**<br>Italian Dunker<br>**Sides**<br>Garden Salad and Garlic Knot<br>Garlic Herb Roasted Potatoes<br>Chocolate Chip Cookie<br>Fresh Fruit & Veggie Bar<br>**Alternates**<br>Chicken Wild Rice Soup<br>Uncrustable | **NO SCHOOL** | **NO SCHOOL** | **NO SCHOOL** |
| **11/30** | | | | |
| **Main Entrée**<br>French Toast Sticks & Cheese Omelet<br>**Sides**<br>Roasted Sweet Potatoes<br>Fresh Fruit & Veggie Bar<br>**Alternates**<br>Chicken Tenders<br>Uncrustable | | | | |

**Ala Carte Milk $0.65**

This institution is an equal opportunity provider.