

hello
NOVEMBER

Monticello High/Middle School Weekly Meals



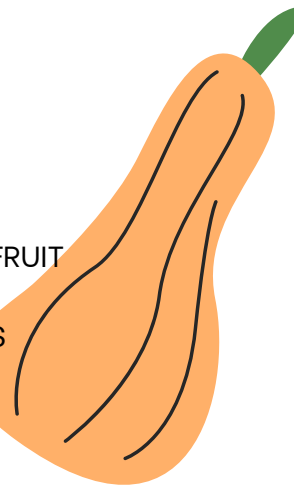
FRIDAY 11/1

CONFERENCE DAY-NO STUDENTS



DAILY OFFERINGS:

ASSORTED MILK VARIETY
ASSORTED FRESH AND CANNED FRUIT
SALAD BAR
ASSORTED WG SANDWICHES
ASSORTED WG WRAPS
WG PB&J W/ CHEESE STICK
SPECIALTY SALADS



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WASHINGTON, D.C. 20250-9410; OR FAX: (833) 256-1665 OR (202) 690-7442; OR EMAIL: PROGRAM.INTAKE@USDA.GOV(LINK IS EXTERNAL)
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Monticello High/Middle School Weekly Meals



WEEK OF NOVEMBER 4TH-8TH

MONDAY 11/4

HOT ENTREE- GENERAL TSO CHICKEN

SIDES-VEGGIE FRIED RICE & BROCCOLI

DAILY SPECIALS-

- COTTAGE CHEESE WITH VEGGIES AND A BREADSTICK
- VEGGIE OR A CHEESEBURGER
- CHEF SALAD WITH TURKEY AND A HARD BOILED EGG
- ITALIAN HAM WRAP
- STRAWBERRY YOGURT PARFAIT WITH GRANOLA
- PIZZA

TUESDAY 11/5

HOT ENTREE-CHEESEBURGER W/WG BUN

SIDES- BAKED BEANS
CARROT RAISIN SALAD

DAILY SPECIALS-

- CHICKPEA WALDORF SALAD
- BLACK BEAN BURGERS OR CHEESEBURGER
- BACKYARD BBQ CHICKEN SALAD
- CHICKEN SALAD PITA
- PEACH YOGURT PARFAIT WITH GRANOLA
- PIZZA

WEDNESDAY 11/6

HOT ENTREE-CHEESE OMELET W/WG BISCUIT

SIDES-HOMEFRIED POTATOES WITH ONIONS AND PEPPERS

DAILY SPECIALS-

- MEDITERRANEAN QUINOA SALAD WITH FETA
- VEGGIE BURGERS OR A CHEESEBURGER
- THAI STYLE SALAD WITH CHICKEN
- SIRACHA CHICKEN WRAP
- RASPBERRY YOGURT PARFAIT WITH GRANOLA
- PIZZA

THURSDAY 11/7

HOT ENTREE-BEEF SOFT SHELL TACO

SIDES-LETTUCE & CHEESE
MEXICALI CORN
SPANISH BROWN RICE

DAILY SPECIALS-

- HUMMUS WITH PITA CHIPS
- BLACK BEAN BURGER OR A CHEESEBURGER
- CHICKEN FAJITA SALAD
- TURKEY WITH CRANBERRY SPREAD
- PINEAPPLE YOGURT PARFAIT WITH GRANOLA
- PIZZA



FRIDAY 11/8

HOT ENTREE-ASSORTED WG PIZZA.

STUDENTS HAVE THE OPTION TO CHOOSE FROM PLAIN OR A TOPPING VARIETY SLICE.

SIDES-ROASTED CHICK PEAS
GARLIC GREEN PEAS

DAILY SPECIALS-

- CHICKPEA SALAD WITH GREENS
- VEGGIE BURGERS OR A CHEESEBURGER
- TUNA SALAD WITH GREENS
- CALIFORNIA CHICKEN WRAP
- MIXED YOGURT PARFAIT WITH GRANOLA



DAILY OFFERINGS:

- ASSORTED MILK VARIETY
- ASSORTED FRESH AND CANNED FRUIT
- SALAD BAR
- ASSORTED WG SANDWICHES
- ASSORTED WG WRAPS
- WG PB&J W/ CHEESE STICK
- SPECIALTY SALADS

DAILY OFFERINGS:

- ASSORTED MILK VARIETY
- ASSORTED FRESH AND CANNED FRUIT
- SALAD BAR
- ASSORTED WG SANDWICHES
- ASSORTED WG WRAPS
- WG PB&J W/ CHEESE STICK
- SPECIALTY SALADS

Monticello High/Middle

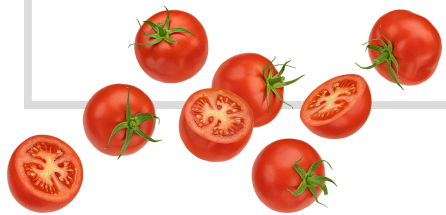
School Weekly Meals



WEEK OF NOVEMBER 11TH-15TH

MONDAY 11/11

DISTRICT CLOSED - VETERANS DAY



TUESDAY 11/12

HOT ENTREE - WG CHICKEN ALFREDO PASTA

SIDES - ROASTED BROCCOLI & CARROTS
PARMESAN CHEESE

DAILY SPECIALS -

- SOUTHWEST QUINOA SALAD
- BLACK BEAN OR A CHEESEBURGER
- SOUTHWEST CHICKEN
- CAESAR HOT CUBAN
- WRAP PEACH YOGURT
- PARFAIT WITH GRANOLA
- PIZZA

WEDNESDAY 11/13

HOT ENTREE - BBQ BEEF ON GARLIC TOAST

SIDES - BAKED POTATO W/ SOUR CREAM
RED CABBAGE SLAW W/ APPLE VIN

DAILY SPECIALS -

- COTTAGE CHEESE & VEGGIES WITH BREADSTICK
- VEGGIE BURGERS OR A CHEESEBURGER
- TUNA SALAD WITH GREENS
- SESAME GINGER TUNA WRAP
- RASPBERRY YOGURT PARFAIT WITH GRANOLA
- PIZZA

THURSDAY 11/14

HOT ENTREE - CHICKEN GYRO W/ WG PITA

SIDES - TZATZIKI SAUCE & SHREDDED LETTUCE
LEMON SEASONED COUSCOUS
DICED TOMATO AND RED ONION GARNISH

DAILY SPECIALS -

- TABBOULEH WITH FETA AND GREENS
- BLACK BEAN BURGER OR A CHEESEBURGER
- SESAME CHICKEN ASIAN NOODLES WITH GREENS
- ITALIAN COMBO WRAP
- PINEAPPLE YOGURT PARFAIT WITH GRANOLA
- PIZZA

FRIDAY 11/15

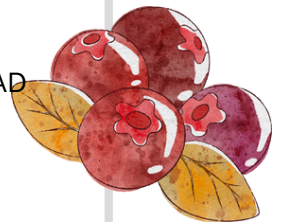
HOT ENTREES - ASSORTED WG PIZZAS.

STUDENT CHOICE OF EITHER PLAIN OR A TOPPING VARIETY SLICE.

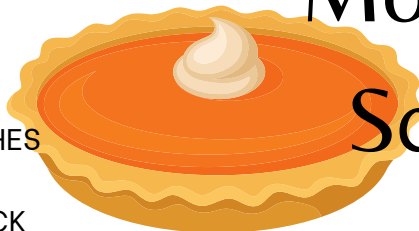
SIDES - CAESAR AND THREE BEAN SALAD

DAILY SPECIALS -

- SOUTHWEST CAESAR SALAD
- VEGGIES BURGERS OR A CHEESEBURGER
- EGG SALAD WITH GREENS
- CALIFORNIA WRAP MIXED
- YOGURT PARFAIT WITH GRANOLA



Monticello High/Middle School Weekly Meals



DAILY OFFERINGS:

ASSORTED MILK VARIETY
ASSORTED FRESH AND
CANNED FRUIT
SALAD BAR
ASSORTED WG SANDWICHES
ASSORTED WG WRAPS
WG PB&J W/ CHEESE STICK
SPECIALTY SALADS

WEEK OF NOVEMBER 18TH-22ND

MONDAY 11/18

TUESDAY 11/19

WEDNESDAY 11/20

HOT ENTREE-CHICKEN FILET W/WG BUN. W/ BBQ OR BUFFALO

SIDES-TOMATO AND CUCUMBER FETA
SALAD
WITH OR W/O ROMAINE LETTUCE

DAILY SPECIALS-

- HUMMUS WITH PITA CHIPS AND GREENS
- VEGGIE BURGER OR A CHEESEBURGER
- CHEF SALAD WITH HAM AND A HARD BOILED EGG
- SIRACHA CHICKEN WRAP
- STRAWBERRY YOGURT PARFAIT WITH GRANOLA
- PIZZA

HOT ENTREE- BAKED WG PASTA W/ BEEF AND PORK

SIDES-PARMESAN CHEESE
GALRIC GREEN BEANS

DAILY SPECIALS-

- SOUTHWEST QUINOA SALAD
- BLACK BEAN BURGER OR A CHEESEBURGER
- SOUTHWEST CHICKEN
- CAESAR HOT CUBAN WRAP
- PEACH YOGURT PARFAIT WITH GRANOLA
- PIZZA

HOT ENTREE- BAKED HAM W/ CHEESY BACON GRITS

SIDES-ROASTED BROCCOLI
HONEY WHEAT BREADSTICKS

DAILY SPECIALS-

- COTTAGE CHEESE & VEGGIES WITH A BREADSTICK
- VEGGIE BURGERS OR A CHEESEBURGER
- TUNA SALAD WITH GREENS
- SESAME GINGER TUNA WRAP
- RASPBERRY YOGURT PARFAIT WITH GRANOLA
- PIZZA

THURSDAY 11/21

FRIDAY 11/22

HOT ENTREE-ROASTED CHICKEN THIGH W/ GRAVY

SIDES-STUFFING, PEAS & CARROTS
MASHED POTATOES, CRANBERRY JELLY

DAILY SPECIALS-

- TABBOULEH WITH FETA AND GREENS
- BLACK BEAN BURGER OR A CHEESEBURGER
- SESAME CHICKEN ASIAN NOODLES WITH GREENS
- ITALIAN COMBO WRAP
- PINEAPPLE YOGURT PARFAIT WITH GRANOLA
- PIZZA

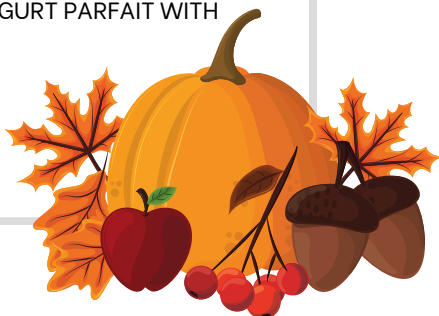
HOT ENTREE- ASSORTED WG PIZZAS

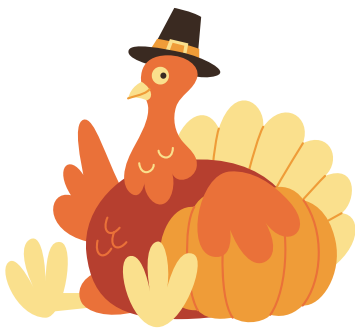
STUDENTS CHOICE FROM EITHER PLAIN
OR VARIETY TOPPING SLICE.

SIDES-ROASTED CHICK PEAS
CORN

DAILY SPECIALS-

- SOUTHWEST CAESAR SALAD
- VEGGIE BURGER OR A CHEESEBURGER
- EGG SALAD WITH GREENS
- CALIFORNIA TURKEY WRAP
- MIXED YOGURT PARFAIT WITH GRANOLA





Monticello High/ Middle School Weekly Meals



MONDAY 11/25

HOT ENTREE-SWEET AND SOUR CHICKEN

SIDES-SEASONED BROWN RICE
GINGER CARROTS

DAILY SPECIALS-

- HUMMUS WITH PITA CHIPS AND GREENS
- VEGGIE BURGERS OR A CHEESEBURGER
- CHEF SALAD WITH HAM AND A HARD BOILED EGG
- SIRACHA CHICKEN WRAP
- STRAWBERRY YOGURT PARFAIT WITH GRANOLA
- PIZZA

DAILY OFFERINGS:
 ASSORTED MILK VARIETY
 ASSORTED FRESH AND CANNED
 FRUIT
 SALAD BAR
 ASSORTED WG SANDWICHES
 ASSORTED WG WRAPS
 WG PB&J W/ CHEESE STICK
 SPECIALTY SALADS

TUESDAY 11/26

HOT ENTREE- ASSORTED PIZZA

SIDES- ROASTED CHICK PEAS
CORN

DAILY ALTERNATIVES

- *-HUMMUS W. PITA CHIPS AND GREENS*
- *-BUFFALO CHICKEN SALAD*
- *-THAI CHICKEN WRAP*
- *-YOGURT PARFAIT*
- *-CHEESEBURGER*

WEDNESDAY 11/27

DISTRICT CLOSED-
THANKSGIVING BREAK

THURSDAY 11/28

DISTRICT CLOSED-
THANKSGIVING BREAK



FRIDAY 11/29

DISTRICT CLOSED-
THANKSGIVING BREAK

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MONDAY 12/2

HOT ENTREE-NY HOT DOG ON WG BUN
SIDES-BAKED BEANS
COLESLAW

DAILY SPECIALS-

- HUMMUS WITH PITA CHIPS AND GREENS
- VEGGIE BURGERS OR A CHEESEBURGER
- CHEF SALAD WITH HAM AND A HARD BOILED EGG
- SIRACHA CHICKEN WRAP
- STRAWBERRY YOGURT PARFAIT WITH GRANOLA
- PIZZA

TUESDAY 12/3

HOT ENTREE- GLAZED LATIN CHICKEN W/ TORTILLA
SIDES-BLACK BEANS AND RICE
SPICED FRUIT RELISH

DAILY SPECIALS-

- SOUTHWEST QUINOA SALAD
- BLACK BEAN BURGER OR A CHEESEBURGER
- SOUTHWEST CHICKEN
- CAESAR HOT CUBAN WRAP
- PEACH YOGURT PARFAIT WITH GRANOLA
- PIZZA

WEDNESDAY 12/4

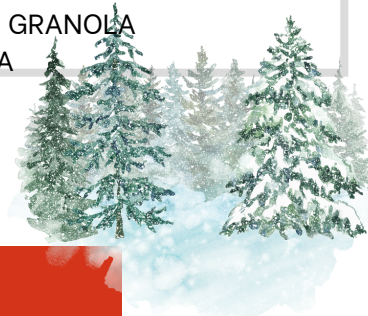
HOT ENTREE- CHICKEN BITES W/ DIPPING SAUCE

SIDES-OVEN ROASTED ZUCCHINI & YELLOW SQUASH
PESTO PASTA SALAD

DAILY SPECIALS-

- COTTAGE CHEESE & VEGGIES WITH A BREADSTICK
- VEGGIE BURGERS OR A CHEESEBURGER
- TUNA SALAD WITH GREENS
- SESAME GINGER TUNA WRAP
- RASPBERRY YOGURT PARFAIT WITH GRANOLA
- PIZZA

December



THURSDAY 12/5

HOT ENTREE-BEEF BAHN MI W/ SLAW

SIDES-SWEET POTATO WEDGES
CUCUMBER SLICED

DAILY SPECIALS-

- TABBOULEH WITH FETA AND GREENS
- BLACK BEAN BURGER OR A CHEESEBURGER
- SESAME CHICKEN ASIAN NOODLES WITH GREENS
- ITALIAN COMBO WRAP
- PINEAPPLE YOGURT PARFAIT WITH GRANOLA
- PIZZA

FRIDAY 12/6

HOT ENTREE-ASSORTED WG PIZZAS

STUDENTS CHOICE FROM EITHER PLAIN OR VARIETY TOPPING SLICE.

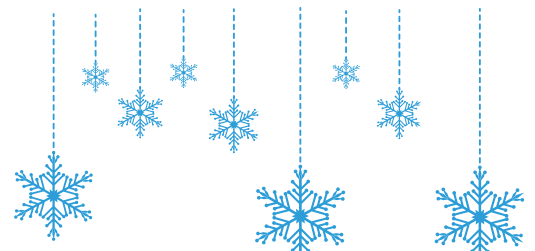
SIDES-ROASTED CHICK PEAS
CORN

DAILY SPECIALS-

- SOUTHWEST CAESAR SALAD
- VEGGIE BURGER OR A CHEESEBURGER
- COTTAGE SALAD WITH VEGGIES
- CALIFORNIA TURKEY WRAP
- MIXED YOGURT PARFAIT WITH GRANOLA



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