





STEELE HIGH SCHOOL		NOVEMBER			
				1	2
				Lasagna with meat sauce w/breadstick or	BBQ pork or Rib on bun
				Ravioli	Sweet Potato & Regular Tater Tots
				Sicilian vegetables	Chicken noodle soup with
				Salad bar	Spicy Crackers
				Fruit bar	Salad bar
				Milk	Fruit bar
					Milk
5	6	7	8	9	
Chicken tenders	Tacos, shredded chicken or	Cherry blossom chicken	Spaghetti with meatballs or		
Mashed potatoes	Beef with lettuce, cheese	Brown rice or lo mein noodles	Chicken Parmesan		
Sweet potato soufflé	Tomatoes, onions and salsa	Sesame broccoli	Italian green beans		
Apple crisp	Refried beans, snickerdoodle cookie	fortune cookies	WG cheese bosco stick		
Salad bar	Salad Bar	Salad bar	Salad bar		
Fruit bar	Fruit Bar	Fruit bar	Fruit bar		
Milk	Milk	Milk	Milk		
12	13	14	15	16	
Two ultra grain Comet	Beefy cheese nachos or	Sweet Chili Thai chicken	Hot Italian sub sandwich or	Gyros-chicken, beef or lamb/beef	
Chicken tender wraps	Taco salad bar	Brown rice or	Italian toasted cheese	Lettuce, tomato onion and tzatziki	
Baked potato smiles	Snickerdoodle	Lo Mein noodles	Tomato basil soup w/spicy goldfish	or Loaded Hot Dog	
Salad bar	Refried beans	Stir fry vegetables, Fortune cookie	Spiral fries	French Fries	
Fruit bar	Salad Bar	Salad bar	Salad bar	Salad Bar	
Milk	Fruit Bar	Fruit bar	Fruit bar	Fruit Bar	
	Milk	Milk	Milk		
Thanksgiving Dinner 19	20	NO SCHOOL 21	NO SCHOOL 22	NO SCHOOL 23	
Turkey w/gravy, Stuffing,	Chipotle chicken or beef				
Mashed Potatoes, carrot coins	Cilantro rice, black beans				
Dinner Roll	Corn, salsa and cheese				
Salad Bar	Snickerdoodle cookie				
Fruit Bar	Salad bar				
Holiday Dessert	Fruit bar				
Milk	Milk				
26	27	28	29	30	
Irish Nachos with Waffle Fries	Chicken quesadillas	Sriracha chicken	Lasagna with meat sauce w/breadstick or	BBQ pork or Rib on bun	
Pulled pork or Chili and toppings	Fiesta rice, beans, WG tortilla	Brown rice or lo mein noodles	Ravioli	Sweet Potato & Regular Tater Tots	
Meatloaf Sandwich	Chips and salsa	Stir fry vegetables	Sicilian vegetables	Chicken noodle soup with	
Mac and Cheese	Snickerdoodle	Fortune Cookies	Salad bar	Spicy Crackers	
Salad Bar	Salad bar	Salad bar	Fruit bar	Salad bar	
Fruit Bar	Fruit bar	Fruit bar	Milk	Fruit bar	
Milk	Milk	Milk		Milk	
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Email Deanne Pastva, RD, LD with any questions about the National School Breakfast & Lunch Programs: deanne_pastva@amherst12.org					