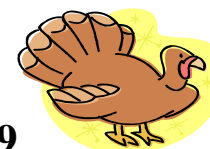




SR. HIGH SCHOOL MENU – NOVEMBER 2009



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2) BREAKFAST BUFFET</p> <hr/> <p>HAMBURGER, CHEESEBURGER VEGGIEBURGER ON A WHOLE GRAIN ROLL W/ LETTUCE & TOMATO SHELDON FARM ROASTED POTATOES VARIETY OF FRUIT, MILK</p>	<p>3) BREAKFAST BUFFET</p> <hr/> <p>MACARONI AND CHEESE BROCCOLI VARIETY OF FRUIT, MILK</p>	<p>4) BREAKFAST BUFFET</p> <hr/> <p>CHICKEN CAESAR WRAP WHOLE GRAIN SALAD (MADE W/ QUINOA) VARIETY OF FRUIT, MILK</p>	<p>5) BREAKFAST BUFFET</p> <hr/> <p>SPAGHETTI W/ MEAT SAUCE OR MARINARA SAUCE ITALIAN BREAD GREEN BEANS VARIETY OF FRUIT, MILK</p>	<p>6) BREAKFAST BUFFET</p> <hr/> <p>FRESH CHEESE OR VEGGIE PIZZA MADE W/ PART SKIM MOZZ. CHEESE TOSSED SALAD W/ LOW FAT DRESSING VARIETY OF FRUIT, MILK</p>
<p>9) BREAKFAST BUFFET</p> <hr/> <p>CHICKEN STIR FRY FLUFFY RICE VARIETY OF FRUIT, MILK</p>	<p>10) BREAKFAST BUFFET</p> <hr/> <p>GRILLED CHEESE SANDWICH TOMATO SOUP W/ CRACKERS VARIETY OF FRUIT, MILK</p>	<p>11)</p> <p style="font-weight: bold; text-decoration: underline;">NO SCHOOL VETERANS DAY</p>	<p>12) BREAKFAST BUFFET</p> <hr/> <p>TACOS W/ LETTUCE, TOMATO CHEESE & SALSA FLUFFY RICE VARIETY OF FRUIT, MILK</p>	<p>13) BREAKFAST BUFFET</p> <hr/> <p>FRESH CHEESE OR VEGGIE PIZZA MADE W/ PART SKIM MOZZ. CHEESE TOSSED SALAD W/ LOW FAT DRESSING VARIETY OF FRUIT, MILK</p>
<p>16) BREAKFAST BUFFET</p> <hr/> <p>HAMBURGER, CHEESEBURGER VEGGIEBURGER ON A WHOLE GRAIN ROLL W/ LETTUCE & TOMATO SHELDON FARM ROASTED POTATOES VARIETY OF FRUIT, MILK</p>	<p>17) BREAKFAST BUFFET</p> <hr/> <p>ROASTED HERB CHICKEN RICE SQUASH VARIETY OF FRUIT, MILK</p>	<p>18) BREAKFAST BUFFET</p> <hr/> <p>VEGETARIAN CHILI W/ CORNBREAD OR FISH ON A BUN CARROTS VARIETY OF FRUIT, MILK</p>	<p>19) BREAKFAST BUFFET</p> <hr/> <p>ROAST TURKEY W/ GRAVY MASHED OR SWEET POTATOES STUFFING PUMPKIN CRUNCH VARIETY OF FRUIT, MILK</p>	<p>20) BREAKFAST BUFFET</p> <hr/> <p>FRESH CHEESE OR VEGGIE PIZZA MADE W/ PART SKIM MOZZ. CHEESE TOSSED SALAD W/ LOW FAT DRESSING VARIETY OF FRUIT, MILK</p>
<p>23) BREAKFAST BUFFET</p> <hr/> <p>GRILLED CHICKEN ON A WHOLE GRAIN ROLL CORN VARIETY OF FRUIT, MILK</p>	<p>24) BREAKFAST BUFFET</p> <hr/> <p>HAM AND CHEESE MELT CARROTS VARIETY OF FRUIT, MILK</p>	<p>25) BREAKFAST BUFFET</p> <hr/> <p>BUILD YOUR OWN BURRITO W/ BEEF, BEANS, ONIONS, PEPPERS, SALSA AND MORE... VARIETY OF FRUIT, MILK</p>	<p>26)</p> <p style="font-weight: bold; text-decoration: underline;">NO SCHOOL THANKSGIVING RECESS</p>	<p>27)</p> <p style="font-weight: bold; text-decoration: underline;">NO SCHOOL THANKSGIVING RECESS</p>
<p>30) BREAKFAST BUFFET</p> <hr/> <p>HAMBURGER, CHEESEBURGER VEGGIEBURGER ON A WHOLE GRAIN ROLL W/ LETTUCE & TOMATO ROASTED CAULIFLOWER VARIETY OF FRUIT, MILK</p>				

MENU SUBJECT TO CHANGE WITHOUT NOTICE – BREAD AND MILK OFFERED DAILY

A COMPLETE BREAKFAST IS \$1.50. A COMPLETE LUNCH IS \$2.50. Reduced Lunch \$.25. May pre-pay meals on account. PLEASE MAKE CHECKS PAYABLE TO THE SCHOOL LUNCH PROGRAM. PLEASE PUT STUDENTS NAME, PIN # AND SCHOOL ON CHECKS. VIEW MENU ON LINE. www.saratogaschools.org Students Milk ala carte \$.40 For more information call 583-4704. LUNCH ENTRÉE-CHOOSE ONE-DELI SANDWICH, SPEC. OF THE DAY ON MENU, SALAD BAR LUNCH MILK-CHOOSE ONE- SKIM, 1% OR LOW FAT CHOC. MILK

FRUIT/VEG. CHOICE-CHOOSE TWO- VEGGIE OF THE DAY ON MENU, FRESH VEGGIE CHOICE W/LOW FAT DIP, ASST.FRESH FRUIT, CANNED FRUIT OR 100% FRUIT JUICE.