






UNITED TOWNSHIP HIGH SCHOOL BREAKFAST

November 2017

Daily Lunch Choices: A variety of premade Salad, Hoagie Lunch, Soft Pretzel Lunch
Lunch Specials:

***MENU SUBJECT TO CHANGE**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Scrambled Eggs Assorted Muffin Pears Applesauce	2 French Toast/ Syrup Sausage links Peaches Fruit Cocktail	3 Breakfast Pizza Fresh Oranges
6 Scrambled Eggs Pancakes/ Syrup Pears Mandarin Oranges	7 Vegetable Quiche Toast/ Jelly Fresh Banana	8 Egg Bacon Cheese Croissant Fresh Orange	9 Waffles Sausage Patty Assorted Juices Pineapple	10 Fresh Baked Cinnamon Roll Fresh Apple
13 Assorted Pop Tarts Applesauce Strawberries	14 Pancake/Syrup Sausage links Fresh Banana	15 Glazed Donut Fresh Pear	16 Ham and Cheese Quiche Assorted Muffin Pear Assorted Juice	17 Egg, Sausage and Cheese On A English Muffin Fruit Cocktail Mandarin Oranges
20 Scrambled Eggs Assorted Muffin Fresh Apple	21 French Toast / Syrup Bacon Fresh Banana	22 No School HAPPY  THANKSGIVING	23 No School HAPPY  THANKSGIVING	24 No School HAPPY  THANKSGIVING
27 Pizza Bagel Applesauce Orange Juice	28 Scramble Eggs English Muffin/ Jelly Fresh Banana	29 Pancake/ Syrup Sausage Pattie Pear Mandarin Oranges	30 Biscuit and Gravy Fresh Apple	






UNITED TOWNSHIP HIGH SCHOOL LUNCH

November 2017

Daily Lunch Choices: A variety of premade Salad, Hoagie Lunch, Soft Pretzel Lunch
Lunch Specials:

***MENU SUBJECT TO CHANGE**

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>1</u> Bacon Cheeseburger On A Whole Grain Bun Spicy Chicken On A Whole Grain Bun Oven Baked French Fries Baby Whole Carrot/Dip Blueberries Pineapple	<u>2</u> Chicken Nuggets Served With A Whole Grain Dinner Roll Walking Taco's Corn Refried Beans Spanish Rice Mixed Green Salad Pears Mandarin Oranges	<u>3</u> Macaroni and Cheese with Whole Grain Dinner Roll Breaded Fish Sandwich On Whole Grain Bun Mixed Green Salad Baby Whole Carrots Mixed Vegetable Fresh Apple
<u>6</u> Oven Baked Chicken Leg With Whole Grain Roll Mashed Potato and Gravy Meatloaf With Whole Grain Roll Carrots Green Bean Mixed Green Salad Fresh Orange	<u>7</u> Pasta Bar Whole Grain Garlic Roll Italian Chicken Breast On A Whole Grain Bun Baked Sweet Potato Fries Steamed Broccoli Apricots Peaches Cookie	<u>8</u> Teriyaki Beef Stir Fry Fried Rice Fish Nuggets With A Whole Grain Dinner Roll Peas Baby Whole Carrots/Dip Assorted Sorbet Applesauce	<u>9</u> Pepperoni Calzone Country Fried Steak Whole Grain Dinner Roll Mix Green Salad Mixed Vegetables Mashed Potato and Beef Gravy Pears Fruit Cocktail	<u>10</u> Chicken Alfredo Whole Grain Garlic Roll Cheese Bites Toss Green Salad Baked Sweet Potato Fries Mandarin Orange Pineapple
<u>13</u> Lasagna Served With A Whole Grain Garlic Bread Mandarin Orange Chicken Fried Rice Mixed Green Salad Carrots Fresh Apple	<u>14</u> Beef and Cheese Burrito Spicy Chicken Breast On A Whole Grain Bun Refried Beans Oven Baked French Fries Spanish Rice Strawberries Applesauce	<u>15</u> Roast Turkey With Whole Grain Roll Ham and Cheese On A Whole Grain Croissant Mixed Vegetables Candy Yams Cornbread Dressing Mashed Potato with Gravy Assorted Fresh Fruit Pumpkin Pie	<u>16</u> Sloppy Joe On A Whole Grain Bun Breaded Chicken Breast Sandwich on Whole Grain Bun Oven Baked French Fries Green Bean Fruit Cocktail Blueberries	<u>17</u> Chef Special Chili Served with Grilled Cheese Sandwich Mixed Green Salad Baby Whole Carrots/Dip Fresh Apple
<u>20</u> Chef Special Walking Taco's Mexican Corn Refried Beans Spanish Rice Mixed Green Salad Fresh Orange	<u>21</u> Chef Special Chili Hot Dog on Whole Grain Bun Oven Baked French Fries Carrots Fresh Apple	22 No School 	23 No School 	24 No School 
27 Turkey and Swiss On A Whole Croissant Philly Steak on Whole Grain Bun Steamed Broccoli Oven Baked Sweet Potato Fries Fresh Apple	28 Meatball Sub On Whole Grain Bun Spicy Chicken Breast On A Whole Grain Bun Mixed Green Salad Baby Whole Carrots/Dip Oven Baked French Fries Fruit Cocktail Mandarin Orange	29 Chicken Enchilada Spanish Rice Corn Dog Mexican Corn Baked Beans Oven Baked Tater Tots Strawberries Applesauce	30 Ham and Scalloped Potato Served With A Whole Grain Dinner Roll Stuffed Crust Pizza Mixed Green Salad Carrots Peaches Pears Cookie	



UTEC/BREAKFAST MENU

**November
2017**

*Milk choice includes:
Choice of non-fat (flavored or unflavored) or 1% milk (unflavored)
Menu subject to change




Monday	Tuesday	Wednesday	Thursday	Friday
		1 Blueberry Muffin Pears Applesauce	2 Powdered Donut Peaches Fruit Cocktail	3 Breakfast Pizza Fresh Oranges
6 Chocolate Donut Pears Mandarin Oranges	7 Pop Tarts Fresh Banana	8 Fruit Yogurt Graham Crackers Fresh Orange	9 Waffles Sausage Patty Assorted Juices Pineapple	10 Fresh Baked Cinnamon Roll Fresh Banana
13 Whole Grain Cereal Graham Crackers Applesauce Strawberries	14 Pancake/Syrup Sausage links Fresh Banana	15 Glazed Donut Fresh Pear	16 Bagel With Cream Cheese Pear Orange Juice	17 Apple Muffin Fruit Cocktail Mandarin Oranges
20 Banana Bread Fresh Apple	21 French Toast / Syrup Bacon Fresh Banana	22 No School HAPPY  THANKSGIVING	23 No School HAPPY  THANKSGIVING	24 No School HAPPY  THANKSGIVING
27 Whole Grain Cereal Graham Crackers Applesauce Orange Juice	28 Chocolate Donut Fresh Banana	29 Pancake/ Syrup Sausage Pattie Pear Mandarin Oranges	30 Biscuit and Gravy Fresh Apple	



UTEC/PHOENIX LUNCH MENU

**November
2017**

**Milk choice includes:
Choice of non-fat (flavored or unflavored) or 1% milk (unflavored)
*Menu subject to change**

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>1</u> Spicy Chicken On A Whole Grain Bun Oven Baked French Fries Baby Whole Carrot/Dip Blueberries Pineapple	<u>2</u> Walking Taco's Corn Refried Beans Spanish Rice Pears Mandarin Oranges	<u>3</u> Macaroni and Cheese with Whole Grain Dinner Roll Baby Whole Carrots Mixed Vegetable Fresh Apple
<u>6</u> Meatloaf With Whole Grain Dinner Roll Mashed Potato and Gravy Carrots Fresh Orange	<u>7</u> Italian Chicken Breast On A Whole Grain Bun Baked Sweet Potato Fries Steamed Broccoli Apricots Peaches Cookie	<u>8</u> Fish Nuggets With A Whole Grain Dinner Roll Peas Baby Whole Carrots/Dip Assorted Sorbet Applesauce	<u>9</u> Pepperoni Calzone Mix Green Salad Mixed Vegetables Pears Fruit Cocktail	<u>10</u> Cheese Bites Mix Green Salad Baby Whole Carrots/Dip Mandarin Orange Pineapple
<u>13</u> Lasagna Served With A Whole Grain Garlic Bread Mixed Green Salad Carrots Fresh Apple	<u>14</u> Beef and Cheese Burrito Refried Beans Baby Whole Carrots/Dip Spanish Rice Strawberries Applesauce	<u>15</u> Roast Turkey With Whole Grain Roll Candy Yams Cornbread Dressing Mashed Potato with Gravy Assorted Fresh Fruit Pumpkin Pie	<u>16</u> Breaded Chicken Breast Sandwich on Whole Grain Bun Oven Baked French Fries Green Bean Fruit Cocktail Blueberries	<u>17</u> Sloppy Joe On A Whole Grain Bun Oven Baked French Fries Baby Whole Carrots/Dip Fresh Apple
<u>20</u> Walking Taco's Mexican Corn Refried Beans Spanish Rice Fresh Orange	<u>21</u> Chili Hot Dog on Whole Grain Bun Oven Baked French Fries Baby Whole Carrots/Dip Fresh Apple	22 No School HAPPY  THANKSGIVING	23 No School HAPPY  THANKSGIVING	24 No School HAPPY  THANKSGIVING
27 Turkey and Swiss On A Whole Croissant Steamed Broccoli Oven Baked Sweet Potato Fries Fresh Apple	28 Stuffed Crust Pizza Mixed Green Salad Baby Whole Carrots/Dip Fruit Cocktail Mandarin Orange	29 Corn Dog Baked Beans Oven Baked Tater Tots Strawberries Applesauce	30 Ham and Scalloped Potato Served With A Whole Grain Dinner Roll Carrots Peaches Pears Cookie	