## High School Menu
### November 2021

*Menu subject to change without prior notice.*

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<tr>
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<th>Monday</th>
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</table>
| **November 1** | **BREAKFAST**
Breakfast Break (contains cereal bar, graham & juice) &/or Breakfast Pizza 
Craisins 
100% Fruit Juice 
Milk | Grahams/String Cheese &/or Pancake Wrapped Sausage 
Assorted Fruit 
100% Fruit Juice 
Milk | Oatmeal Chip Bar &/or Pancake & Sausage Sandwich 
Assorted Fruit 
100% Fruit Juice 
Milk | Cinnamon Roll &/or French Toast Sticks 
Sliced Apples 
100% Fruit Juice 
Milk | Pop-Tarts (2-pk) &/or Manager's Choice 
Buddy's Fruit, Apple 
100% Fruit Juice 
Milk |
| **LUNCH** | Beef & Cheese Taco Stick 
Assorted Deli Sandwiches | Chicken Drumstick w/Biscuit 
Assorted Deli Sandwiches | Cheese Pizza 
Or Meateaters Pizza 
Manager's Choice Vegetable 
Broccoli Florets 
Sliced Apples 
100% Fruit Juice 
Fresh Fruit 
Milk | Chicken Patty on Hamburger Bun 
Taco Salad w/Tostito Rounds | Assorted Deli Sandwiches | Assorted Deli Sandwiches | Assorted Deli Sandwiches | Assorted Deli Sandwiches | Assorted Deli Sandwiches |
| **November 2** | **BREAKFAST**
Breakfast Break (contains cereal bar, graham & juice) &/or Breakfast Pizza 
Craisins 
100% Fruit Juice 
Milk | Grahams/String Cheese &/or Pancake Wrapped Sausage 
Assorted Fruit 
100% Fruit Juice 
Milk | Oatmeal Chip Bar &/or Pancake & Sausage Sandwich 
Assorted Fruit 
100% Fruit Juice 
Milk | Cinnamon Roll &/or French Toast Sticks 
Sliced Apples 
100% Fruit Juice 
Milk | Pop-Tarts (2-pk) &/or Manager's Choice 
Buddy's Fruit, Apple 
100% Fruit Juice 
Milk |
| **LUNCH** | Yogurt (8 oz) & Soft Pretzel 
Fiesta Black Beans 
Salsa Cup 
100% Fruit Juice 
Fresh Fruit 
Milk | Hummus Cup w/ String Cheese Or Sunflower Seeds 
Yummy Baby Carrots 
Baked Beans 
Fruit Cup 
100% Fruit Juice 
Fresh Fruit 
Milk | Yogurt (8 oz) & Soft Pretzel 
Manager's Choice Vegetable 
Broccoli Florets 
Sliced Apples 
100% Fruit Juice 
Fresh Fruit 
Milk | Chicken Nuggets w/ Grahams 
Macaroni & Cheese w/Dinner Roll | Assorted Deli Sandwiches | Assorted Deli Sandwiches | Assorted Deli Sandwiches | Assorted Deli Sandwiches | Assorted Deli Sandwiches |
| **November 3** | **BREAKFAST**
Breakfast Break (contains cereal bar, graham & juice) &/or Breakfast Pizza 
Craisins 
100% Fruit Juice 
Milk | Grahams/String Cheese &/or Pancake Wrapped Sausage 
Assorted Fruit 
100% Fruit Juice 
Milk | Oatmeal Chip Bar &/or Pancake & Sausage Sandwich 
Assorted Fruit 
100% Fruit Juice 
Milk | Cinnamon Roll &/or French Toast Sticks 
Sliced Apples 
100% Fruit Juice 
Milk | Pop-Tarts (2-pk) &/or Manager's Choice 
Buddy's Fruit, Apple 
100% Fruit Juice 
Milk |
| **LUNCH** | Chicken Patty Sandwich | Assorted Deli Sandwich | Cheese Pizza Or Meateaters Pizza | Chicken Nuggets w/ Grahams | Macaroni & Cheese w/Dinner Roll |
| **November 4** | **BREAKFAST**
Breakfast Break (contains cereal bar, graham & juice) &/or Breakfast Pizza 
Craisins 
100% Fruit Juice 
Milk | Grahams/String Cheese &/or Pancake Wrapped Sausage 
Assorted Fruit 
100% Fruit Juice 
Milk | Oatmeal Chip Bar &/or Pancake & Sausage Sandwich 
Assorted Fruit 
100% Fruit Juice 
Milk | Cinnamon Roll &/or French Toast Sticks 
Sliced Apples 
100% Fruit Juice 
Milk | Pop-Tarts (2-pk) &/or Manager's Choice 
Buddy's Fruit, Apple 
100% Fruit Juice 
Milk |
| **LUNCH** | Assorted Deli Sandwich | Hummus Cup w/ String Cheese Or Sunflower Seeds | Yogurt (8 oz) & Soft Pretzel | Assorted Deli Sandwich | Assorted Deli Sandwiches | Assorted Deli Sandwiches | Assorted Deli Sandwiches | Assorted Deli Sandwiches | Assorted Deli Sandwiches |
| **November 5** | **BREAKFAST**
Breakfast Break (contains cereal bar, graham & juice) &/or Breakfast Pizza 
Craisins 
100% Fruit Juice 
Milk | Grahams/String Cheese &/or Pancake Wrapped Sausage 
Assorted Fruit 
100% Fruit Juice 
Milk | Oatmeal Chip Bar &/or Pancake & Sausage Sandwich 
Assorted Fruit 
100% Fruit Juice 
Milk | Cinnamon Roll &/or French Toast Sticks 
Sliced Apples 
100% Fruit Juice 
Milk | Pop-Tarts (2-pk) &/or Manager's Choice 
Buddy's Fruit, Apple 
100% Fruit Juice 
Milk |
| **LUNCH** | Yogurt (8 oz) & Soft Pretzel | Salsa Cup 
Country Corn 
Assorted Fruit Cups 
100% Fruit Juice 
Fresh Fruit 
Milk | Manager's Choice Vegetable 
Groovy Green Beans 
100% Fruit Juice | Taco Salad w/Tostito Rounds | Assorted Deli Sandwiches | Assorted Deli Sandwiches | Assorted Deli Sandwiches | Assorted Deli Sandwiches | Assorted Deli Sandwiches |

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Baltimore County Public Schools
Office of Food and Nutrition Services
This institution is an equal opportunity provider.
<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Monday</th>
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<th>Thursday</th>
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<td><strong>November 15</strong></td>
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<td><strong>November 17</strong></td>
<td><strong>November 18</strong></td>
<td><strong>November 19</strong></td>
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<tr>
<td>Breakfast Break (contains cereal bar, graham &amp; juice) &amp;/or Breakfast Pizza</td>
<td>Chocolate Muffin &amp;/or Pancake Wrapped Sausage</td>
<td>Oatmeal Chip Bar &amp;/or Pancake &amp; Sausage Sandwich</td>
<td>Cinnamon Roll &amp;/or French Toast Sticks</td>
<td>Pop Tart (2 pk) &amp;/or Manager’s Choice Entrée</td>
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<tr>
<td>Craisins 100% Fruit Juice Milk</td>
<td>Assorted Fruit 100% Fruit Juice Milk</td>
<td>Assorted Fruit 100% Fruit Juice Milk</td>
<td>Sliced Apples 100% Fruit Juice Milk</td>
<td>Buddy Fruit 100% Fruit Juice Milk</td>
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<td><strong>November 22</strong></td>
<td><strong>November 23</strong></td>
<td><strong>November 24</strong></td>
<td><strong>November 25</strong></td>
<td><strong>November 26</strong></td>
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<td>Breakfast Break (contains cereal bar, graham &amp; juice) &amp;/or Breakfast Pizza</td>
<td>Savory Bread &amp;/or Pancake Wrapped Sausage</td>
<td>Oatmeal Chip Bar &amp;/or Breakfast Boat</td>
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<tr>
<td>Craisins 100% Fruit Juice Milk</td>
<td>Assorted Fruit 100% Fruit Juice Milk</td>
<td>Assorted Fruit 100% Fruit Juice Milk</td>
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<td><strong>Lunch</strong></td>
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<td>Manager’s Choice Entrée</td>
<td>Popcorn Chicken w/Cornbread Muffin</td>
<td>Cheese Pizza Or Meateaters Pizza</td>
<td>Hot Dogs on a Roll</td>
<td>Chicken Patty on Hamburger Bun</td>
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<td>Assorted Deli Sandwiches</td>
<td>Assorted Deli Sandwiches</td>
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<tr>
<td>Yogurt (8 oz) &amp; Soft Pretzel</td>
<td>Hummus Cup w/ String Cheese Or Sunflower Seeds</td>
<td>Hummus Cup w/ String Cheese Or Sunflower Seeds</td>
<td>County Corn Cherry Tomato Apple Slices Fresh Fruit Fresh Fruit</td>
<td>Yogurt (8 oz) &amp; Soft Pretzel</td>
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<tr>
<td>Marinara Cup Groovy Green Beans 100% Fruit Juice Fresh Fruit Milk</td>
<td>Bold Baked Beans Baby Carrots</td>
<td>Baby Carrots</td>
<td>Brainy Broccoli Celery Sticks Sliced Apples 100% Fruit Juice Fresh Fruit</td>
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<td><strong>November 27</strong></td>
<td><strong>November 28</strong></td>
<td><strong>November 29</strong></td>
<td><strong>November 30</strong></td>
<td><strong>December 1</strong></td>
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<td><strong>Breakfast</strong></td>
<td><strong>Lunch</strong></td>
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<td>Mozzarella Dippers</td>
<td>Hamburger/Cheeseburger</td>
<td>Cheese Pizza Or Meateaters Pizza</td>
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<td>Assorted Deli Sandwiches</td>
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<td>Yogurt (8 oz) &amp; Soft Pretzel</td>
<td>Hummus Cup w/ String Cheese Or Sunflower Seeds</td>
<td>Seasoned Potato Wedges</td>
<td>Brainy Broccoli Celery Sticks Sliced Apples 100% Fruit Juice Fresh Fruit</td>
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<tr>
<td>Harvest Cookie Country Corn Marinara Sauce 100% Fruit Juice Assorted Fruit Juice Fresh Fruit Milk</td>
<td>Baby Carrots Fruit Cup 100% Fruit Juice Fresh Fruit</td>
<td>Baby Carrots Fruit Cup 100% Fruit Juice Fresh Fruit</td>
<td>Brainy Broccoli Celery Sticks Sliced Apples 100% Fruit Juice Fresh Fruit</td>
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<td><strong>November 29</strong></td>
<td>Breakfast Break (contains cereal bar, graham &amp; juice) &amp;/or Breakfast Pizza</td>
<td>Grahams/String Cheese &amp;/or Pancake Wrapped Sausage</td>
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<td>Craisins</td>
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<td><strong>November 30</strong></td>
<td>Breakfast Break (contains cereal bar, graham &amp; juice) &amp;/or Breakfast Pizza</td>
<td>Grahams/String Cheese &amp;/or Pancake Wrapped Sausage</td>
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<td><strong>LUNCH</strong></td>
<td>Beef &amp; Cheese Taco Stick</td>
<td>Chicken Drumstick w/Biscuit</td>
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<td>Assorted Deli Sandwiches</td>
<td>Assorted Deli Sandwiches</td>
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<td>Yogurt (8 oz) &amp; Soft Pretzel</td>
<td>Hummus Cup w/ String Cheese Or Sunflower Seeds</td>
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<td></td>
<td>Fiesta Black Beans</td>
<td>Yummy Baby Carrots</td>
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<td>Salsa Cup</td>
<td>Baked Beans</td>
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<td>100% Fruit Juice</td>
<td>Fruit Cup</td>
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<td>Fresh Fruit</td>
<td>100% Fruit Juice</td>
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