

NOVEMBER 2018

Ashland High school

Students 3.50 Adults 4.00



Rooster is your Guide

To Locally purchased and made from scratch options. Salad bar seasonal local produce

Monday

Tuesday

Wednesday

Thursday

Friday

Locally sourced: Pizza, sloppy joes, spaghetti, taco's meat, chili, lasagna & nacho meat.



No school 1
Conference day

No school 2
Conference day

5
Teriyaki Meatballs & rice
Sloppy Joes & tots
Grab & go Salad, sandwiches and wraps


6
 Beef or veggie chili
Pizza
Grab & go Salad, sandwiches and wraps

7
General Tso's chicken & rice
Chicken burgers W/ ff
Garden burgers/ ff
Grab & go Salad, sandwiches and wraps

8
 Spaghetti w/ meat sauce
Pizza
Grab & go Salad, sandwiches and wraps

9
Cheeseburger w// ff
Garden burgers
Hot dogs w/ ff
Grab & go Salad, sandwiches and wraps


12
 VETERANS DAY
12

13
 Pizza
Orange chicken & rice
Grab & go Salad, sandwiches and wraps

14
 BBQ Pork Riblet sandwich
Beef or bean Nacho's
Grab & go Salad, sandwiches and wraps

15
 Pizza
Corndogs & Tots
Grab & go Salad, sandwiches and wraps

16
Turkey Dinner with all the trimmings
Family invited to eat, please see details at your student's school

19
 Grilled cheese & soup
Beef or bean taco's
Grab & go Salad, sandwiches and wraps

20
Pizza
Grab & go Salad, sandwiches and wraps

21
No school



23
No school

26
Teriyaki Meatballs & rice
Sloppy Joes & tots
Grab & go Salad, sandwiches and wraps

27
 Beef or veggie chili
Pizza
Grab & go Salad, sandwiches and wraps

28
[General Tso's chicken & rice
Chicken burgers W/ ff
Garden burgers/ ff
Grab & go Salad, sandwiches and wraps

29
 Mac & cheese
Pizza
Grab & go Salad, sandwiches and wraps

30
Cheeseburger w// ff
Garden burgers
Hot dogs w/ ff
Grab & go Salad, sandwiches and wraps



Endless salad bar with every lunch. All meals come with 1% white milk or fat free chocolate