

NOVEMBER 2018



Rooster is your Guide

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

Student 2.85 Adults 4.00

Ashland Middle school and John Muir school

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  Cheese burger w/ ff
Garden burger w/ff
Beef or bean taco
Salads, sandwiches or wraps

6 Cheese stuffed sticks
Orange chicken & rice
Salads, sandwiches or wraps

7  Beef or veggie Lasagna
Chicken tender's w/ potatoes
Salads, sandwiches or wraps

8  Pizza
Chicken Alfredo
Salads, sandwiches or wraps

9  Meatloaf
Hotdogs & tots
Salads, sandwiches or wraps


12  **VETERANS DAY**

13  Pizza
General Tso's chicken & rice
Salads, sandwiches or wraps

14 Teriyaki Meatballs & rice
Grilled cheese & soup
Salads, sandwiches or wraps

15 Chicken Burgers w/ ff
Garden burgers w/ ff
Chicken tenders / mashed potatoes
Salads, sandwiches or wraps

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


19  Cheese burger w/ ff
Garden burger w/ff
Beef or bean taco
Salads, sandwiches or wraps

20 Pizza
Salads, sandwiches or wraps

21 No school

22 

23 No school

26  Cheese burger w/ ff
Garden burger w/ff
Beef or bean taco
Salads, sandwiches or wraps

27 Cheese stuffed sticks
Orange chicken & rice
Salads, sandwiches or wraps

28  Beef or veggie Lasagna
Chicken tender's w/ potatoes
Salads, sandwiches or wraps

29  Pizza
Chicken Alfredo
Salads, sandwiches or wraps

30  Meatloaf
Hotdogs & tots
Salads, sandwiches or wraps

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

