




# Ashland High School Menu **November 2017**



Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>30</b></p> <p><b>Conferences</b></p>	<p><b>31</b></p> <p><b>Conferences</b></p>	<p><b>1</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>* Pancake Sausage Wrap</li> <li>* Oatmeal Bar ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Chicken Burger &amp; Fries</li> <li>* Cheese Pocket w/ Soup du Jour</li> </ul>	<p><b>2</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>* Egg &amp; Cheese Scramble w/Tots</li> <li>* Fruit Muffin ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Pizza ◊</li> <li>* Turkey Gravy w/ Mashed Potatoes &amp; Roll</li> </ul>	<p><b>3</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>* Cinnamon Roll ◊</li> <li>* Breakfast Sandwich</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Egg Rolls &amp; Rice ◊</li> <li>* Rippers ◊</li> </ul>	<p><b>Breakfast</b> includes Milk and fruit. Cold cereal is offered daily as a third option. \$1.75</p>
<p><b>6</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>* French Toast &amp; Sausage</li> <li>* Breakfast Tornado</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Teriyaki Meatballs on Rice</li> <li>* Stuffed Cheese Stix w/Marinara◊</li> </ul>	<p><b>7</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>* Yogurt &amp; Granola◊</li> <li>* Fruit Frudel◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Salisbury Steak w/Mashed Potatoes &amp; Roll</li> <li>* Pizza ◊</li> </ul>	<p><b>8</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>* Pancake Sausage Wrap</li> <li>* Oatmeal Bar ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>*General Tso's Chicken on Rice</li> <li>* Chicken Burger &amp; Fries</li> </ul>	<p><b>9</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>* Egg &amp; Cheese Scramble w/Tots</li> <li>* Fruit Muffin ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Try – It</li> <li>* Pizza ◊</li> </ul>	<p><b>10</b></p>  <p><b>NO SCHOOL</b></p>	<p><b>Lunch</b> Includes Bottomless Offering Bar and Milk. <b>Fresh Salad and Sandwich Grab N Go's</b> are daily third option \$3.50</p>
<p><b>13</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>* French Toast &amp; Sausage</li> <li>* Breakfast Tornado</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* General Tso's Chicken on Rice</li> <li>* Calzones ◊</li> </ul>	<p><b>14</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>* Yogurt &amp; Granola◊</li> <li>* Fruit Frudel◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Pizza ◊</li> <li>* Orange Chicken on Rice</li> </ul>	<p><b>15</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>* Pancake Sausage Wrap</li> <li>* Oatmeal Bar ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Pork Rib Sandwich /Corn</li> <li>* Nachos ◊</li> </ul>	<p><b>16</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>* Egg &amp; Cheese Scramble w/Tots</li> <li>* Fruit Muffin ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Pizza ◊</li> <li>* Cheese Pocket w/ Soup du Jour</li> </ul>	<p><b>17</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>* Cinnamon Roll ◊</li> <li>* Breakfast Sandwich</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Eggrolls &amp; Rice</li> <li>* Cheeseburger &amp; Fries</li> </ul>	<p>Extra milk may be purchased. \$50</p>
<p><b>20</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>* French Toast &amp; Sausage</li> <li>* Breakfast Tornado</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Nachos ◊</li> <li>* Calzones ◊</li> </ul>	<p><b>21</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>* Yogurt &amp; Granola◊</li> <li>* Fruit Frudel◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Pizza ◊</li> <li>* Harvest Meal ◊</li> </ul> <p>Includes: Three Sister Stew Fresh baked Roll Autumn Cookie</p>	<p><b>22</b></p> <p><b>NO SCHOOL</b></p>	<p><b>23</b> <b>Thanksgiving</b></p>  <p><b>NO SCHOOL</b></p>	<p><b>24</b></p> <p><b>NO SCHOOL</b></p>	 <p>Choose MyPlate.gov</p>
<p><b>27</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>* French Toast &amp; Sausage</li> <li>* Breakfast Tornado</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Teriyaki Meatballs on Rice</li> <li>* Stuffed Cheese Stix w/Marinara◊</li> </ul>	<p><b>28</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>* Yogurt &amp; Granola◊</li> <li>* Fruit Frudel◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Salisbury Steak w/Mashed Potatoes &amp; Roll</li> <li>* Pizza ◊</li> </ul>	<p><b>29</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>* Pancake Sausage Wrap</li> <li>* Oatmeal Bar ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>*General Tso's Chicken on Rice</li> <li>* Chicken Burger &amp; Fries</li> </ul>	<p><b>30</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>* Egg &amp; Cheese Scramble w/Tots</li> <li>* Fruit Muffin ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Try – It</li> <li>* Pizza ◊</li> </ul>	<p><b>1</b> <b>Breakfast</b></p> <ul style="list-style-type: none"> <li>* Cinnamon Roll ◊</li> <li>* Breakfast Sandwiches</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Cheeseburger &amp; Fries</li> <li>* Turkey Gravy w/Potatoes &amp; Roll</li> </ul>	<p>Make half your tray Fruits and Veggies!</p>

® =Scratch and Fresh made recipes  
◊ = vegetarian or can be made vegetarian