

NOVEMBER | 2019



BRUNSWICK CITY SCHOOLS – HIGH SCHOOL – WEST MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	31	1 Stuffed breadsticks with marinara sauce Garden fresh salad with dressing Baby carrots Fruit
4 Toasted cheese sandwich Tomato soup Fresh veggie and dip Fruit	5 NO SCHOOL	6 French toast sticks Sausage Syrup Sweet potato puffs Fresh veggies and dip Fruit	7 Chicken wings Tater tots Green beans Fruit	8 Steakburger with toppings Seasoned fries Garden fresh salad with dressing Fruit
11 Steak-um California blend Fresh veggies and dip Fruit	12 Burrito Fiesta beans Spanish rice Salsa Sour cream Baby carrots Fruit	13 Pasta bar Broccoli Fresh veggies and dip Fruit	14 Crispy chicken strips Mashed potatoes with gravy Roll Baby carrots Fruit	15 Macaroni and cheese Roll Garden fresh salad with dressing Green beans Fruit
18 Chicken club Seasoned fries Cooked carrots Fruit	19 Nachos with toppings Seasoned refried beans Corn Salsa Sour cream Fruit	20 Chicken and waffle Syrup Deli roasters Fresh veggies and dip Fruit	21 Chicken bowl Mashed potatoes with gravy Roll Corn Fruit	22 Breadsticks with meat sauce Garden fresh salad with dressing Baby carrots Fruit
25 Manager's Choice	26 Manager's Choice	27 NO SCHOOL	28  Happy Thanksgiving	29 NO SCHOOL

News

Lunch price: \$3.50

Extra milk: 50¢

Available daily

Chicken filet sandwich

Deli sub

Specialty salad

Steakburger

Pizza

Menu is subject to change.

Suppliers and manufacturers are subject to change.

All school nurses have a list of the most current carb counts.

This institution is an equal opportunity provider.