

Available Daily:
 -Yogurt & Cheese -Baby Carrots
 Stick with Homemade
 Granola
 -Chicken Patty Sandwich



Old Orchard Beach High School

November Lunch Menu



Milks Choices:
 1% Milk
 Skim Milk
 Chocolate Milk
 (selections may vary by day)

<p>1 Garlic Parmesan Flatbread Cucumbers Mixed Fruit</p>	<p>2 Election Day- No School Grades 9-12 only</p>	<p>3 EARLY RELEASE DAY Bosco Sticks Carrots Apples</p>	<p>4 Chicken Drumsticks Biscuit Mashed Potatoes Watermelon</p>	<p>5 Mini Cheese Ravioli with a Breadstick Fresh Maine Broccoli with Dip Diced Pears </p>
<p>8 Cheeseburger or Hamburger Corn Orange Slices</p>	<p>9 BBQ Chicken with Cornbread Sweet Steamed Carrots Apples</p>	<p>10 Cheese Bites with Marinara Bell Pepper Slices w/Dip Strawberries</p>	<p>11 </p>	<p>12 Big Daddy's Pizza Steamed Broccoli Bananas</p>
<p>15 Grilled Cheese Tomato Soup Diced Peaches</p>	<p>16 BRUNCH FOR LUNCH Cheese Omelet or Sausage with French Toast Sticks Hash Browns Orange Slices</p>	<p>17 Orange Chicken with Fried Rice Garlic Roasted Maine Broccoli Mixed Fruit </p>	<p>18 THANKSGIVING DINNER! Turkey with Gravy & Dinner Roll Mashed Potatoes Fresh Green Beans Stuffing Cranberry Sauce Homemade Apple Crisp</p>	<p>19 Chicken and Waffles Baked Beans Diced Pears</p>
<p>22 Lasagna Roll-Ups Garlic Knot Side Salad with Tomatoes Apples</p>	<p>23 Macaroni & Cheese with Dinner Roll Cucumbers Sliced Peaches</p>	<p>24 No School</p>	<p>25 </p>	<p>26 No School</p>
<p>29 Hot Dogs Baked Sweet Potato Fries Orange Slices</p>	<p>30 Baked Mozzarella Sticks with Marinara Green Beans Diced Peaches</p>	<p>29 Popcorn Chicken with a Soft Pretzel Corn Cantaloupe</p>	<p>30 TACO DAY! Ground Beef Tacos with Brown Rice Refried Beans Apples</p>	<p>November's Harvest of the Month is Maine Brassicas (broccoli, cabbage, kale, etc) </p>

This institution is an equal opportunity employer.

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Caesar Salad	Ranch Chicken BLT Salad	Buffalo Chicken Salad	Harvest Salad	Southwest Black Bean Salad

Menu is subject to change.