















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



Old Orchard Beach High School



November Lunch Menu

<p>Milks Choices: 1% Milk Skim Milk Chocolate Milk</p>	<p>1 Chicken & Waffles Roasted Maine Broccoli Bananas</p>  	<p>2 EARLY RELEASE DAY Bosco Sticks with Marinara Baby Carrots Apples</p>	<p>3 BRUNCH FOR LUNCH Cheese Omelet or Turkey Sausage with French Toast Sticks Hash Brown Rounds Orange Slices</p>	<p>4 Chicken Nuggets with Cheesy Breadstick Steamed Peas Roasted Chickpeas Mixed Fruit</p>
<p>7 Garlic Parmesan Flatbread Fresh Maine Broccoli with Dip Grapes</p>  	<p>8</p> 	<p>9 Chicken Quesadilla Fiesta Lime Corn Fresh Pears</p>	<p>10 Ham & Cheese Melt on a Croissant Baked Sweet Potato Fries Pineapple</p>	<p>11</p> 
<p>14 Baked Mozzarella Sticks with Marinara Red Pepper Slices Mixed Fruit</p>	<p>15 Hot Dogs Baked Beans Sliced Honeydew Melon</p>	<p>16 Thanksgiving Meal Roasted Turkey w Gravy Dinner Rolls Stuffing Cranberry Sauce Garlic Roasted Green Beans Mashed Potatoes Homemade Apple Crisp</p>	<p>17 Popcorn Chicken Soft Pretzel Celery Sticks Orange Slices</p>	<p>18 Big Daddy's Pizza Roasted Maine Broccoli Diced Pears</p>  
<p>21 Grilled Cheese Tomato Soup Cantaloupe</p>	<p>22 Macaroni & Cheese Dinner Roll Rosemary Roasted Maine Cauliflower Mixed Fruit</p>  	<p>23</p> 	<p>24</p> 	<p>25</p> 
<p>28 Cheese Bites with Marinara Steamed Green Beans Diced Peaches</p>	<p>29 TACO DAY Ground Beef Taco Brown Rice Refried Beans Apples</p>	<p>30 Chicken Drumstick with Dinner Roll Mashed Potatoes Grapes</p>	 <p>November's Harvest of the Month is Maine Brassicas</p> 	

This institution is an equal opportunity provider .

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Caesar Salad	Ranch Chicken BLT Salad	Buffalo Chicken Salad	Greek Salad	Southwest Chicken Salad

Menu is subject to change.

Available Daily:
-Assorted Cereal with Cheese




Old Orchard Beach High School



Milks Choices:
1% Milk
Skim Milk

November Breakfast Menu

	1 Sausage or Bacon Egg, and Cheese Breakfast Sandwich 100% Fruit Juice	2 Pancake Wrapped Turkey Sausage Applesauce	3 Cinnamon Buns 100% Fruit Juice	4 French Toast Sticks Applesauce
7 Assorted Muffins Applesauce	8 	9 Pancake Wrapped Turkey Sausage Applesauce	10 Cinnamon Buns 100% Fruit Juice	11 
14 Assorted Muffins Applesauce	15 Sausage or Bacon Egg, and Cheese Breakfast Sandwich 100% Fruit Juice	16 Pancake Wrapped Turkey Sausage Applesauce	17 Cinnamon Buns 100% Fruit Juice	18 French Toast Sticks Applesauce
21 Assorted Muffins Applesauce	22 Sausage or Bacon Egg, and Cheese Breakfast Sandwich 100% Fruit Juice	23 	24 	25 
28 Assorted Muffins Applesauce	29 Sausage or Bacon Egg, and Cheese Breakfast Sandwich 100% Fruit Juice	30 Pancake Wrapped Turkey Sausage Applesauce	 <p>Follow us on Facebook at RSU 23 Food & Nutrition Services</p>	

This institution is an equal opportunity provider .

Menu is subject to change.