HASTINGS MIDDLE SCHOOLS

November 2016 Lunch Menu

SMART CHOICES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oct. 30th **Popcorn Chicken & Herbed Rotini** ***OR*** **Pepperoni Pizza** Corn Tossed Salad w/Dressing Fruit Choices	**1** **Mini Pancakes w/Sausage Links** ***OR*** **Chicken Tenders w/Garlic Toast** Tator Tots Fresh Vegetables w/Dip Fruit Choices	**2** **Orange Chicken w/Brown Rice** ***OR*** **Macaroni & Cheese w/Sun Chips** Steamed Broccoli Florettes Carrots w/Dip Fruit Choices	**3** **Garlic Cheese French Bread w/Marinara** ***OR*** **Cubano Sandwich w/Waffle Fries (NEW!)** California Blend Vegetables Caesar Salad Fruit Choices	**4** **Cheese/Hamburger on Bun** ***OR*** **Beef Hot Dog on Bun** Baked Beans Baked French Fries Fruit Choices
7 **Soft Shell Beef Tacos** ***OR*** **Grilled Quesadilla** Corn Fresh Veggie Taco Toppings Fruit Choices	**8** **French Toast Sticks w/ Sausage Links &Tri Tator** ***OR*** **Teriyaki Chicken w/Brown Rice & Steamed Broccoli** Fresh Vegetables w/Dip Fruit Choices	**9** **Spaghetti w/Meatsauce– No Alternate** Garlic Toast Green Beans Caesar Salad Fruit Choices	**10** **Chicken N' Gravy w/Mashed Potatoes & Dinner Roll** ***OR*** **Corn Dog w/Baked Fries** Corn Fruit Choices Mini Rice Krispie Treat	**11** **Pepperoni Pizza** ***OR*** **Cheeseburger on Bun** California Blend Vegetables Baked Beans Frozen Fruit Cup Fruit Choices
14 **Mini Pancakes w/Sausage Links** ***OR*** **Mozzarella Pizza Sticks w/ Marinara Sauce** Breakfast Potatoes Froot Juice Fruit Choices	**15** **Mandarin Chicken w/Brown Rice & Steamed Broccoli** ***OR*** **Marinara Meatball Sub w/ Waffle Fries** Coleslaw Fruit Choices	**16** **Super Nacho Supreme– No Alternate** Fresh Veggie Nacho Toppings Refried Beans Fruit Choices	**17** **Mini Corn Dogs** ***OR*** **Chicken Patty on Bun** Tator Tots Caesar Salad Fruit Choices	**18** **Cheese Pizza** ***OR*** **Popcorn Chicken w/Black Pearl Rice** Green Peas Fresh Vegetables w/Dip Fruit Choices
21 **Chicken Patty on Bun** ***OR*** **Fettuccini Chicken Alfredo** Broccoli Fresh Vegetables w/Dip Fruit Choices	**22** **Cheeseburger on Bun** ***OR*** **Chicken Tenders & Corn-bread** Spiral Potatoes Caesar Salad Fruit Choices	**23** **NO SCHOOL**	**24** **NO SCHOOL**	**25** **NO SCHOOL**