



2019

November

November is Good Nutrition Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Treat Yourself Right			1 Bacon* Cheeseburger Toasted Cheese Sandwich Tomato Soup Turkey & Swiss Sand Turkey Chef Salad w/Dinner Roll Spinach	All menus meet or exceed current USDA or state-specific Dietary Guidelines for the Healthy, Hunger-Free Kids Act. Offered Daily: Apples or Oranges 100% Fruit Juice Homemade Pizza Pre-made Salads Burgers Chicken Patty Sandwich Tater Tots Milk Served Daily Skim Chocolate Skim White 1% White Milk A la carte: \$.50 Student Lunch: \$3.20 Adult Lunch: \$3.60 WG – Whole Grain Romaine Salads served with Ranch Dressing Items listed with a red * may contain Pork.
4 Chicken Mashed Potato Bowl w/Dinner Roll Jerk Chicken Flatbread Ham & Cheese Sandwich Ham/Turkey Chef Salad w/Dinner Roll Green Beans Fresh Broccoli Mixed Fruit	5 Hot Pretzel w/Cheese Sauce Chili Mac Turkey & Cheese Sand BBQ Riblet* Sandwich Sliced Carrots Gr. Pepper Strips Diced Pears	6 Bacon* Cheeseburger Spicy Chicken Patty Sandwich Ham & Cheese Sandwich Chicken Caesar Salad Dinner Roll Green Beans Fresh Zucchini Diced Peaches	7 Early Dismissal No Service	8 P/T Conferences No School	
11 Veteran's Day No School	12 Diced Chicken Nachos Pumpkin Spiced Chicken & Waffle Sandwich Turkey & Cheese Sand BBQ Riblet* Sandwich Peas Gr. Pepper Strips Diced Pears	13 Pumpkin Spiced Chicken & Waffle Sandwich Mac and Cheese Ham & Cheese Sandwich Chicken Caesar Salad Dinner Roll Sweet Potato Fries Fresh Zucchini Diced Peaches	14 French Toast Sticks w/Syrup Chicken Sausage Patty Pumpkin Spiced Chicken & Waffle Sandwich Turkey & Cheese Sand BBQ Riblet* Sandwich Baked Beans Celery Sticks Applesauce	15 Pumpkin Spiced Chicken & Waffle Sandwich Chicken Nuggets w/Dinner Roll Turkey & Cheese Sand Turkey Chef Salad w/Dinner Roll Spinach Fresh Baby Carrots Diced Peaches	
18 Atomic Burger Chicken Tenders w/Dinner Roll Ham & Cheese Sandwich Ham/Turkey Chef Salad w/Dinner Roll Mashed Potatoes Fresh Broccoli Mixed Fruit	19 Bosco Sticks W/Marinara Sauce Spicy Popcorn Chicken w/Dinner Roll Turkey & Cheese Sand BBQ Riblet* Sandwich Green Beans Gr. Pepper Strips Diced Pears	20 Cheese & Bacon Baked Potato Pizza Burger Ham & Cheese Sandwich Chicken Caesar Salad Dinner Roll Glazed Carrots Fresh Zucchini Diced Peaches	21 Turkey with Gravy Spicy Chicken Patty Sandwich Turkey & Cheese Sand BBQ Riblet* Sandwich Mashed Potatoes Celery Sticks Applesauce	22 Chipotle Chicken Burrito Toasted Cheese Sandwich Tomato Soup Ranch Chicken Wrap Turkey Chef Salad w/Dinner Roll Corn Fresh Baby Carrots Diced Peaches	
25 Bacon* Cheeseburger Spicy Chicken Patty Sandwich Ham & Cheese Sandwich Ham/Turkey Chef Salad w/Dinner Roll Peas Fresh Broccoli Mixed Fruit	26 Buffalo Chicken Sandwich Spicy Popcorn Chicken w/Dinner Roll Turkey & Cheese Sand BBQ Riblet* Sandwich Green Beans Gr. Pepper Strips Diced Pears	27 Thanksgiving Break No School	28 No School Thanksgiving Break 	29 Thanksgiving Break No School	

Cass Junior High School



Menus are subject to change without notice.

This institution is an equal opportunity provider.



Part time positions open
 If you are interested in working part time during the school year please log into www.aramark.com and open the careers tab to review available positions in Cass or call Nichole at 630-964-0267.