



# Sunset Mesa Schools ~ Lunch Menu for Nov 2017

Daily Lunch Choices are as follows:

#1 - Hot or Sandwich Lunch

#2 - Salad or Soup Lunch

#3 - Vegetarian Bean & Cheese Burrito - Available Everyday

#4 - Extra Entree of Choice #1 (cost is \$1.25 more)

All Lunches include a Side, Veggies, Fresh Fruit

**Rhubarb & Elliott** (V)=Vegetarian (D)=item contains dairy (N)=contains nuts (F)=Fish/Shellfish (P)= Pork (GF)=Gluten Free or Bread Product can be Easily Avoided

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1) Cheese Enchiladas, Spanish Rice, Shred Lettuce, Fruit(V)(GF)</p> <p>2) Beef Stew(GF), Homemade Banana Bread Square, Whole Fruit</p>	<p>1) 100% Beef Hot Dog in Scratch made Blanket, Veg. Baked Beans, Carrots &amp; Pickle, Fruit</p> <p>2) Fruit Salad, Vanilla Yogurt, Homemade Granola(N), Turkey Breakfast Sausage</p>	<p>1) Cheese Pizza, Various Veggies w/Ranch Dipping Sauce, Fruit(V)</p> <p>2) Buffalo Chicken Salad over Field Greens, Homemade Croutons, Ranch Dressing, Fruit (V)</p>
<p>1) Beef Tacos (Bean(V) on request) w/ Cheese, Lettuce, Sweet Corn, Salsa, Fruit(GF)</p> <p>2) Plain Bagel w/ Side of Cream Cheese, HB Egg, Cucumbers &amp; Grape Tomatoes, Fruit(V)</p>	<p>1) Teriyaki Chicken w/ Steamed Rice, Snap Peas, Fruit, Fortune Cookie</p> <p>2) Minestrone Soup w/ Parm Cheese Sprinkle, French Roll, Whole Fruit(V)(GF)</p>	<p>1) Hot Roast Beef Sandwich on French Bread, Potato Chips, Veggie Sticks, Fruit</p> <p>2) Yogurt/Fruit Smoothie, Tortilla, Carrot &amp; Celery Sticks w/ Sunflower Seed Butter dip(V)(GF)</p>	<p>1) Penne Pasta Bake w/ Marinara &amp; Mozzarella Cheese, Green Salad, Fruit(V)</p> <p>2) 'Build your Own' Lunch w/ Roast Turkey &amp; Cheese Cubes, Veggie Medley, Crackers, Fruit(GF)</p>	<p>1) Cheese Pizza, Various Veggies w/Ranch Dipping Sauce, Fruit(V)</p> <p>2) Cobb Salad w/ Bacon, Turkey, Blue Cheese, Tomatoes, Walnuts, Fruit (GF)(P)(N)</p>
<p>1) Scratch Mac-n-Cheese, Steamed Broccoli &amp; Cauliflower, Fruit(V)</p> <p>2) 'Broken' Taco Salad w/ Beef, Beans, Cheese, Guacamole Dressing, Broken Taco Shells, Fruit (GF)</p>	<p>1) Hamburger (Garden Burger by request), Lettuce, Tomato, Oven French Fries, Ketchup, Fruit (GF)</p> <p>2) Fruit Salad, Vanilla Yogurt, Homemade Granola(N), Turkey Breakfast Sausage</p>	<p>1) Tostado 'Scoopers' w/ Refried Pintos, Rice, Cheese, Lettuce, Black Olives, Salsa, Fruit(V)(GF)</p> <p>2) Chicken Noodle Soup, Whole Wheat Roll, Whole Fruit</p>	<p>Parent Teacher Conferences No School</p>	<p>Parent Teacher Conferences No School</p>
<p>Thanksgiving Break</p>	<p>Thanksgiving Break</p>	<p>Thanksgiving Break</p>	<p>Thanksgiving Break</p>	<p>Thanksgiving Break</p>
<p>1) Cheese Quesadilla w/ Guacamole, Red Bell Pepper, Whole Pinto Beans, Fruit(V)</p> <p>2) Asian Chicken 'Crunch' Salad w/ Cabbage, Peppers, Snap Peas, Cashews, Chow Mien Noodles, Fruit(GF)(N)</p>	<p>1) Lemon Herb Chicken w/ Rice Pilaf, Cucumbers &amp; Tomatoes, Greek Dipping Sauce, Fruit</p> <p>2) 'Build your Own' Lunch w/ Roast Turkey &amp; Cheese Cubes, Veggie Medley, Crackers, Fruit(GF)</p>	<p>1) Fettuccine Alfredo w/ Ham (or (V)w/o by request), Sweet Peas, Fruit(P)(D)</p> <p>2) Yogurt/Fruit Smoothie, Tortilla, Carrot &amp; Celery Sticks w/ Sunflower Seed Butter dip(V)(GF)</p>	<p>1) Chili Con Carne 'Frito' Pie(Veg. Chili(V) by request) w/ Cheese, Shredded Lettuce, Corn Chips, Fruit(GF)</p> <p>2) Bow-tie Noodle Pasta Salad w/ Parmesan cheese, White Beans &amp; Broccoli, Fruit(V)</p>	