

## NOVEMBER 2023 – LUNCH HIGH SCHOOLS

Fresh Fruit, Fruit Cup and/or 100% Fruit Juice are offered at each meal. Assorted milk served daily.

Offer Vs Serve – Must have 3 different components, at least ½ cup fruit or vegetable. May have meat and grain, 2 veggies, fruit, milk

This institution is an equal opportunity provider.

Menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Georgia grown and locally sourced products and ingredients are offered regularly	Learn more about Richmond County's Wellness Plans & how to participate at <a href="http://rcboe.org">Nutrition Services / Wellness Policy (rcboe.org)</a>	1 Chicken Tenders w/ Breadstick Beef Tacos Bento Box Ranch Broccoli Seasoned Corn	2 Chili con Carne w/ Crackers Pepperoni Pizza Manager's Choice Baked Potato Cucumber and Tomato Salad	3 Hot Dog Walking Taco Cheesy Bites w/ Marinara Curly Fries Seasoned Green Beans
6 Nachos Supreme Fajita Chicken Wrap Manager's Choice Cheesy Bean Dip Fresh Cucumbers w/ Dip	7 Yummy Soup w/ Grilled Cheese Country Fried Steak Sandwich Chicken Nuggets w/ Breadstick Sweet Potato Soufflé Side Salad	8 Fiest Mac Bake BBQ Taco 4 Cheese Pizza Mexican Style Corn Fresh Veggies	9 Breaded Chicken w/ Roll Hot Ham and Cheese Sandwich PBJ Sandwich Glazed Carrots Potato Wedges	10 Student Holiday
13 Carolina Chicken Chili w/ Roll Cheese Pizza Salisbury Steak w/ Gravy and Roll Fresh Veggies w/ Dip Glazed Yams	14 Oven Roasted Chicken w/ Roll Meatloaf w/ Roll Manager's Choice Baked Beans Mashed Potatoes	15 Turkey & Dressing Holiday Ham with Roll Manager's Choice Sweet Potato Casserole Seasoned Green Beans	16 Wings w/ Roll Cheese Quesadilla Manager's Choice Glazed Carrots Crinkle Fries	17 Cheese Pocket Southern Style Chicken Sandwich Pepperoni Pizza Seasoned Broccoli Manager's Choice Vegetable
20 Student Holiday	21 Student Holiday	22 Student Holiday	23 Student Holiday	24 Student Holiday
27 Asian Chicken w/ Noodles Hamburger w/ Fixins PBJ Sandwich Seasoned Fries Roasted Carrots	28 Chicken & Rice Casserole w/ Breadstick Cheese Pizza BBQ Sandwich Sweet Potato Fries Baked Beans	29 Chicken Tenders w/ Breadstick Beef Tacos Bento Box Ranch Broccoli Seasoned Corn	30 Chili con Carne w/ Crackers Pepperoni Pizza Manager's Choice Baked Potato Cucumber and Tomato Salad	