

# Sioux Valley School District

## November 2018 MSHS Lunch Menu

### Monday

Be a Food Label Detective:  
Make Sure to Choose Whole Grain



Look for "100% Whole Grain or Wheat" on packages of food like bread, cereal, and pasta.

### Tuesday



### Wednesday

\*Please\*  
remember to take  
at least  
½ cup fruit & or  
veggies for a well  
balance meal

### Thursday

1  
A. Nachos Grande w/ Rice  
B. Hot Ham & Swiss on Bun  
C. Cheese Pizza  
D. Chef Salad w/ Dinner Roll  
Corn

### Friday

2  
A. Goulash w/Dinner Roll  
B. Crispy Chicken Sandwich  
C. Canadian Bacon Pizza  
D. Italian Sub  
Green Beans

5  
A. Eggs w/ French Toast  
B. Mini Corn Dogs  
C. Hawaiian Pizza  
D. Turkey&Cheese Sub  
Tater Tots

6  
A. Italian Dunkers  
B. BBQ Meatball Sub  
C. Pepperoni  
D. Chicken Spinach Salad  
w/ Dinner Roll  
Green Beans

7  
A. Sloppy Joe on Bun  
B. Fajita Chicken Wrap  
C. Canadian Bacon Pizza  
D. Cold Cut Sub  
Baked Fries

8  
A. Tater Tot Hotdish  
B. Cheese Quesadilla  
C. Stuffed Crust Cheese Pizza  
D. Chef Salad  
A&D. Dinner Roll  
Green Peas

9  
A. Doritos Walking Taco  
B. Chili Cheese Burrito  
C. Sausage Pizza  
D. Italian Sub  
Corn

12  
A. Chicken Nuggets  
w/ Bread  
B. Corn Dog  
C. Tomato Basil Pizza  
D. Turkey&Cheese Sub  
Broccoli

13  
A. Spaghetti w/Meat Sauce  
w/Garlic Toast  
B. Crispy Chicken Sandwich  
C. Sausage Pizza  
D. Chicken&Bean Taco Salad  
Corn

14  
A. Pulled Pork Sandwich  
B. Cheese Pizza Calzone  
C. Three Meat Pizza  
D. Cold Cut Sub  
Coleslaw

15  
A. Roasted Turkey w/ Roll  
B. Stuffed Crust Pizza  
C. Spicy Chicken Sandwich  
D. Chef Salad  
Fresh Baked Cookie  
Green Beans  
Mashed Potatoes w/Gravy

16  
A. Beef Soft Shell Tacos  
B. Cheeseburger  
C. Canadian Bacon Pizza  
D. Italian Sub  
Tater Tots

19  
A. Grilled Cheese Sandwich  
B. Pork Rib Sandwich  
C. Garden Vegetable Pizza  
D. Turkey&Cheese Sub  
Baked Fries

20  
A. Cheeseburger Mac  
B. Chicken Nuggets  
C. Pepperoni Pizza  
D. Chef Salad  
Cookie  
Carrots

21  
No School



23  
No School

26  
A. Chicken Drumstick  
w/Dinner Roll  
B. Pulled Pork Sandwich  
C. Cheese Pizza  
D. Turkey&Cheese Sub  
Mashed Potatoes w/Gravy

27  
A. Beef & Cheese Burrito  
B. Crispy Chicken Sandwich  
C. Pepperoni&Sausage Pizza  
D. Chicken&Bean Taco Salad  
Corn

28  
A. Cheese Ravioli  
w/Garlic Bread  
B. Corn Dog  
C. Canadian Bacon Pizza  
D. Cold Cut Sub  
Broccoli

29  
A. Tangerine Chicken w/Rice  
B. Cheese Pizza Calzone  
C. Sausage Pizza  
D. Chef Salad  
w/ Dinner Roll  
Stir Fry Veggies

30  
A. Chili w/ Corn Chips  
B. Chicken Sticks  
C. Chicken Alfredo Pizza  
D. Italian Sub  
Cinnamon Roll  
Carrots

### Daily Lunch Menu Includes

- Choice of A, B, C, or D Entrées
- Unlimited Fresh Field Bar
- Milk Choice: Strawberry Skim, Chocolate Skim and 1% White

### Meal Prices

Student Lunch 6-12: \$2.80  
Reduced Lunch: \$.40  
Adult Lunch: \$3.65  
Extra Entrée: \$1.80  
Extra Milk: \$.50

### Fill Up & Fuel Up

**Unlimited Fresh Field Bar**  
Vegetables on the menu and on the fruit & vegetable bar meet or exceed all vegetable subgroup weekly requirements