



St Frederick High School
November 2017 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p align="center">1-Nov Lasagna Corn Carrot Souffle</p> <p align="center">or Grilled Chicken Fruit & Chips</p>	<p align="center">2-Nov Chicken Tenders Mac & Cheese Green Beans</p> <p align="center">or Turkey Sandwich Fruit & Chips</p>	<p align="center">3-Nov</p>
<p align="center">MONDAY 6-Nov Meat Pie Broc & Rice Corn</p> <p align="center">or Grilled Chicken Fruit & Chips</p>	<p align="center">TUESDAY 7-Nov Chicken Tenders Baby Carrots Mac & Cheese</p> <p align="center">or Roast Beef Fruit & Chips</p>	<p align="center">WEDNESDAY 8-Nov Hamburger Green Beans Augratin Potatoes</p> <p align="center">or Grilled Chicken Fruit & Chips</p>	<p align="center">THURSDAY 9-Nov Spicy Cajun Chicken Rice Green Peas</p> <p align="center">or Fried Chicken Fruit & Chips</p>	<p align="center">FRIDAY 10-Nov</p>
<p align="center">MONDAY 13-Nov Chicken Tenders Broccoli Carrot Souffle</p> <p align="center">or Fruit & Chips Turkey Sandwich</p>	<p align="center">TUESDAY 14-Nov Southwest Chicken Broc & Rice Greens</p> <p align="center">or Fruit & Chips Hamburger</p>	<p align="center">WEDNESDAY 15-Nov Baked Chicken Qtr Mashed Potatoes Corn</p> <p align="center">or Fruit & Chips Roastbeef</p>	<p align="center">THURSDAY 16-Nov Sliced Ham Carrot Souffle Green Beans</p> <p align="center">or Fruit & Chips Grilled Chicken</p>	<p align="center">FRIDAY 17-Nov</p>
<p align="center">MONDAY 20-Nov</p> <p align="center">Thanksgiving</p>	<p align="center">TUESDAY 21-Nov</p> <p align="center">Holiday</p>	<p align="center">WEDNESDAY 22-Nov</p> <p align="center">Break</p>	<p align="center">THURSDAY 23-Nov</p> <p align="center">Thanksgiving</p>	<p align="center">FRIDAY 24-Nov</p>
<p align="center">MONDAY 27-Nov Meatball & Spaghetti Carrot Souffle Corn</p> <p align="center">or Fruit & Chips Fried Chicken Sandwich</p>	<p align="center">TUESDAY 28-Nov Salisbury Steak Mashed Potatoes Green Beans</p> <p align="center">or Fruit & Chips Grilled Chicken</p>	<p align="center">WEDNESDAY 29-Nov Chicken Tenders Mac & Cheese Buttered Carrots</p> <p align="center">or Fruit & Chips Hamburger</p>		