

# Hazlehurst City School District

002 - Hazlehurst High School

Oct 24, 2022

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November 2022

9-12

Lunch Menu

Menu Subject To Change

**STUDENTS MUST CHOOSE A FRUIT OR VEGETABLE FOR LUNCH**

Monday	Tuesday	Wednesday	Thursday	Friday
	Nov - 1  Cheeseburger Chef Salad Spicy Wedges Fresh Apples Assorted Fruit Juices LF White Milk Chocolate Milk Chocolate Chip Cookie Trimmings Mayonnaise Mustard Ketchup	Nov - 2  Chicken Spaghetti Chef Salad Green Beans Assorted Fruit Juices Tropical Fruit Yeast Roll Low Fat Milk FF Chocolate Milk	Nov - 3  BBQ Pulled Pork Burger Tuna Salad with Crackers Baked Beans Tater Tots Assorted Fruit Juices Fresh Oranges Low Fat Milk FF Chocolate Milk Ketchup	Nov - 4  Chicken Tenders Tuna Salad with Crackers Rice & Gravy Yeast Roll Assorted Fruit Juices Frozen Fruit Juice Cups Low Fat Milk FF Chocolate Milk Variety of Dipping Sauce
Nov - 7  Stuffed Crust Pizza Tuna Salad with Crackers Whole Kernel Corn Assorted Fruit Juices Chilled Mandarin Oranges Low Fat Milk Chocolate Milk Chocolate Chip Cookie	Nov - 8  Hamburger Steak w/ Gra Tuna Salad with Crackers Green Peas Mashed Potatoes & Grav Yeast Roll Assorted Fruit Juices Fresh Fruit Bowl LF White Milk FF Chocolate Milk	Nov - 9  Corn Dog Chef Salad Crinkle Cut Fries Pineapple Tidbits Assorted Fruit Juices LF White Milk FF Chocolate Milk Rice Krispie Bars Ketchup Mustard	Nov - 10  Shepherd's Pie Chef Salad Green Peas Whole Wheat Roll Assorted Fruit Juices Sliced Apples and Grapes Low Fat Milk Chocolate Milk	Nov - 11  Beefy Nachos Grande Chef Salad Cheesy Broccoli Cornbread Assorted Fruit Juices Fruit Slushes Low Fat Milk FF Chocolate Milk Taco Sauce
Nov - 14  Beef-A-Roni Tuna Salad Salad Whole Wheat Roll California Veggies Assorted Fruit Juices Chilled Diced Pears Low Fat Milk Chocolate Milk	Nov - 15  BBQ Meatballs on Bun Tuna Salad with Crackers Baked Beans Assorted Fruit Juices Chilled Peach Slices LF White Milk FF Chocolate Milk Brownies	Nov - 16  Ham and Cheese on Bun` Tuna Salad with Crackers Ranch Doritos Baby Carrots w/ Dressing Flavored Raisins Sun Splash Juice Box LF White Milk FF Chocolate Milk	Nov - 17  Turkey and Dressing Chef Salad Southern Turnip Greens Yam Patties Fresh Fruit Bowl Assorted Fruit Juices LF White Milk FF Chocolate Milk Cranberry Sauce	Nov - 18  Buffalo Chicken Wings Chef Salad Macaroni and Cheese Celery Sticks with Dip Whole Wheat Roll Assorted Fruit Juices Frozen Fruit Juice Cups LF White Milk FF Chocolate Milk
Nov - 21  Holiday	Nov - 22  Holiday	Nov - 23  Holiday	Nov - 24  Holiday	Nov - 25  Holiday

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 28  Hot Dogs Chef Salad Tater Tots Classic Coleslaw Rosey Applesauce Assorted Fruit Juices FF Chocolate Milk LF White Milk Ketchup Mustard	Nov - 29  Red Beans and Rice with Sausage Tuna Salad with Crackers Glazed Carrots Cornbread Assorted Fruit Juices Fresh Nectarines FF Chocolate Milk LF White Milk	Nov - 30  Mexican Pizza Chef Salad Corn on the Cob Assorted Fruit Juices Fruit Cocktail Low Fat Milk FF Chocolate Milk Yellow Cake w/ Icing		

This institution is an equal opportunity provider.

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