

Gaudet Middle School November Lunch Menu

ON THE GO

Assorted pre-packaged entrée salads and deli sandwiches offered with fruits, vegetables and milk.

Daily Specials may include:

Assorted, Buffalo Chicken Salad, Chicken Caesar Wrap or Salad, Turkey & Cheese Pretzel Roll, Veggie Wrap, Italian

LET'S GET COOKING

Let's get cooking is a celebration of homemade classic recipes and empowering students to join in the cooking at home with their family and friends, especially during the holiday season.

RUSH HOUR TRAFFIC STOP

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| | 1 | 2 | 3 | 4 |
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| Any questions contact , Food Service Director, at @compass-usa.com | Taco Tuesday Seasoned Beef or Fajita Chicken on Soft Flour Tortillas with Lettuce, Tomato, Cheese, Sour Cream, Salsa, Cilantro Rice and Refried Beans | Shepard's Pie Seasoned Beef, Mashed Potatoes and Corn with a Dinner Roll | Texas Toast Grilled Cheese with French Fries Tomato Soup | Gyro Station Warm Flat Bread offered with Marinated Greek Chicken, Hummus, Fresh Tomatoes, Cucumbers, Tzatziki Sauce & Fresh Feta Local Greek Potato Salad |
| 7 | 8 | 9 | 10 | 11 |
| Breakfast for Lunch French Toast Sticks with Strawberries Breakfast Sausage Scrambled Eggs Seasoned Home Fries | ELECTION DAY | General Tso Chicken Breaded Chicken Tossed in General Tso sauce served with Lucky Fried Rice, Steamed Broccoli | Bosco Sticks Cheese Stuffed Breadsticks with Marinara Dipping Sauce Served with Broccoli | VETERANS DAY |
| 14 | 15 | 16 | 17 | 18 |
| Popcorn Chicken Bowl Crispy Chicken Bites Over Local Mashed Potato and topped with Corn and Gravy | Nacho Tuesday Seasoned Beef or Buffalo Chicken Tortilla Chips with Lettuce, Tomato, Cheese, Sour Cream, Salsa, Cilantro Rice and Refried Beans | "Mac & Cheeseology" Spicy Buffalo Chicken Or Southwestern Beef Local Cranberry Kale Salad Dinner Roll | Meatball Sub Meatball with Marinara in a Sub Roll Served with Oven Baked Fries | Roost Chicken Sandwich Breaded Chicken on a Bun with Your Choice of Sauce Served with Waffle Fries |
| 21 | 22 | 23 | 24 | 25 |
| Breakfast Sandwiches Assorted Breakfast Breads topped with Bacon, Sausage, Egg & Cheese Served with Sweet Potato Fries | Taco Tuesday Seasoned Beef or Fajita Chicken on Soft Flour Tortillas with Lettuce, Tomato, Cheese, Sour Cream, Salsa, Cilantro Rice and Refried Beans | Thanksgiving Day | | |
| 28 | 29 | 30 | | |
| Chicken Mania Crispy Chicken Bites Tossed in a Variety of Sauces Offered with French Fries & Dinner Roll | Nacho Tuesday Seasoned Beef or Buffalo Chicken Tortilla Chips with Lettuce, Tomato, Cheese, Sour Cream, Salsa, Cilantro Rice and Refried Beans | Hotdogs All Beef Hotdogs with assorted topping and side of oven Baked Fries | LET'S GET COOKING | |

Roll

All items are made with whole grains.

All meals are served with a variety of fruits and vegetables, local when available.

All meals are served with milk (1% low fat white or fat free chocolate.)

Menu is subject to change.

Prices: Student Lunch \$2.85 Reduced Lunch \$.40 Adult Meal \$3.85

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Vegetarian Options

May Include:

Veggie Burgers, Pasta, Assorted Salads, Cheese Pizza, Hummus Veggie Box and Yogurt & Muffin Fun Lunch

LET'S GET COOKING

