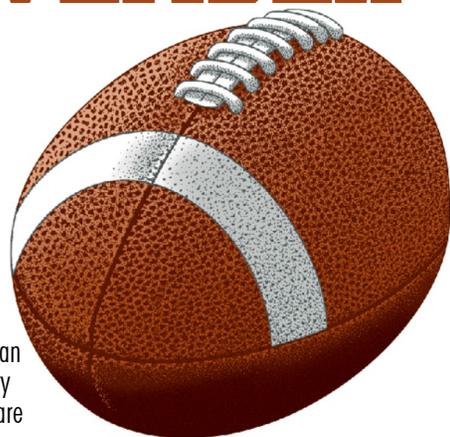


MENUS FOR NOVEMBER 2016

**Londonderry
High School**



This institution is an equal opportunity provider. Menus are subject to change.

AVAILABLE DAILY

Milk is served with all meals.

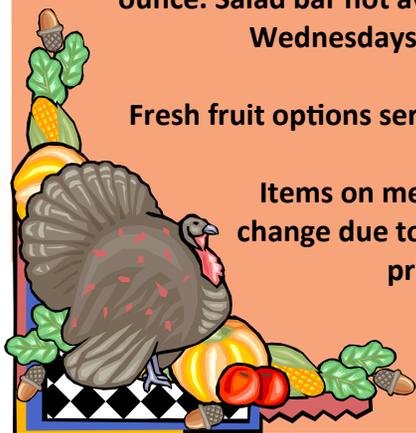
We offer 1% and skim white along with fat free chocolate and strawberry.

SALAD BAR ENTRÉE

8oz salad, bread or soup, fruit and a beverage. 50 cents for each additional ounce. Salad bar not available on Wednesdays.

Fresh fruit options served daily.

Items on menu subject to change due to availability or price.



Featured Specials of the Day

Tuesday, November 1

Bosco Sticks w/ Dipping Sauce
Stuffed Shells
Roasted Vegetable Quinoa, Half Italian Wrap.
Carrot Sticks, Green Beans

Wednesday, November 2

Cheese Quesadilla w/ Salsa
Taco in a Bag w/ LTC
Roasted Vegetable Quinoa
Half Italian Wrap, Minestrone Soup, Roasted
Vegetable Medley, Grapes

Thursday, November 3

Popcorn Chicken w/ Soft Pretzel
Texas Pulled Pork Sandwich
Roasted Vegetable Quinoa, Half Italian Wrap
Greek Salad, Baked Beans

Friday, November 4

Gill's Fresh Pizza
Turkey BLT Panini
Roasted Vegetable Quinoa, Half Italian Wrap
Corn Chowder, Kale Salad, Pineapple

Monday, November 7

Spicy Chicken Sandwich
Mini Cheese Crescents with Dipping Sauce
Kale Pasta Bake, Half Chicken Caesar Wrap
Corn, Roasted Potatoes, Brownie Cookie

Tuesday, November 8



NO SCHOOL TODAY

Featured Specials of the Day

Wednesday, November 9

Sal's Square Pizza
Cheese Ravioli with Homemade Sauce
Kale Pasta Bake, Half Chicken Caesar Wrap
Egg Drop Soup, Pasta Salad, Roasted Brussel
Sprouts, Peaches

Thursday, November 10

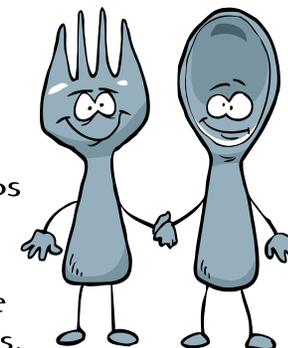
Appetizer Platter
Sausage Egg and Cheese Biscuit
Kale Pasta Bake, Half Chicken Caesar Wrap
Carrot Sticks, Garlic Butter Mushrooms,
Mandarin Oranges

Friday, November 11

 **VETERANS DAY -- NO SCHOOL**

THE FAMILY THAT EATS TOGETHER.

Family meals don't just improve your nutrition – eating together also helps boost social skills and increase appreciation for the value of food and the effort needed to fix meals.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Featured Specials of the Day

Monday, November 14

Popcorn Chicken
Turkey Pie

Spinach Pie, Half Turkey Wrap, Cheesy Garlic Bread, Caesar Salad, Chick Peas Salad
Pears, Apple Crisp w/ Topping

Tuesday, November 15

Flamebroiled Cheeseburger w/ LTP
Hot Dog
Spinach Pie, Half Turkey Wrap, French Fries
Cole Slaw, Baked Beans

Wednesday, November 16

Chicken and Waffles
Mozzarella Sticks
Spinach Pie, Half Turkey Wrap, Collard Greens,
Smokey Roasted Cauliflower, Pineapple

Thursday, November 17

SPECIALTY CHEF DAY

FEATURING DISHES INSPIRED BY
MARCUS SAMUELSSON

Crispy Chicken Sandwich with Asian Slaw
Honey Miso Salmon
Spinach Pie, Parmesan Cous Cous,
Beet Apple Salad, Mandarin Oranges

Friday, November 18

Parent/Teacher Conferences

Featured Specials of the Day

Monday, November 21

Chicken Parm Sandwich or over Pasta
Macaroni & Cheese
Stuffed Peppers, Half Teriyaki Chicken Rice
Wrap, Cinnamon Squash, Spicy Potato Wedges
Fresh Melon

Tuesday, November 22

French Bread Pizza
Steak and Cheese Sub
Stuffed Peppers, Half Italian Wrap, Cucumber
Slices, Spinach Squares

Happy Thanksgiving!



See you
Monday!
(Some of you, anyway!)

Monday, November 28

Chicken Tenders
Cheese Ravioli
Roasted Vegetable Quinoa, Half Italian Wrap
Cheesy Garlic Bread, Chicken Noodle Soup
Caesar Salad/Grape Tomatoes, Peaches

SALAD

YOU LOVE IT. WE HAVE IT. SO COME 'N GET IT.

We feature great salad choices
for you every day.

Hey, it's written in stone!

Featured Specials of the Day

Tuesday, November 29

Pizza Sticks w/ Dipping Sauce
Grilled Cheese Sandwich
Roasted Vegetable Quinoa, Half Italian Wrap
Tomato Soup, Caesar Salad

Wednesday, November 30

Breakfast Platter
Swedish Meatballs over Yummy Egg Noodles
Roasted Vegetable Quinoa
Half Teriyaki Chicken Rice Wrap, Italian
Wedding Soup, Tossed Salad, Mandarin
Oranges



Please see
reverse for items
available daily

91 BY THE NUMBERS
PERCENTAGE OF TEENS WHO
HAVE OWNED A PET, LED BY DOG
(71%), FISH (60%), AND CAT (42).