



# HIGHPOINT ACADEMY LUNCH MENU

**Month of: November, 2009**

Students name: \_\_\_\_\_ Grade: \_\_\_\_\_

**WEEKLY LUNCH ORDER FORM - \$4.50 PER DAY**

**PARENTS: All payments must be sent in Cash or Check, in advance.**

Monday, 11/2	Tuesday, 11/3	Wednesday, 11/4	Thursday, 11/5	Friday, 11/6
Ground Beef (Picadillo) White rice Black beans Baked plantains Jello	Baked Fish Nuggets Mashed Potatoes Corn Low-sugar Brownie	Homemade Meat Lasagna Garden Salad Garlic Rolls Sliced Pears	"Arroz con Pollo" Yellow rice w/ Chicken Baked Plantains Low-salt crackers Low-sugar Cookies	Pizza Day! Fresh Baked Pizza Lettuce & Tomato Salad Low Sugar Arroz c/Leche
Monday, 11/9	Tuesday, 11/10	Wednesday, 11/11	Thursday, 11/12	Friday, 11/13
Shredded Beef "Ropa Vieja" White Rice Sliced Bananas Warm roll Low-sugar Arroz c/Leche	Homemade Lentil Stew with mixed vegetables White Rice Baked Plantain Chips Low-sugar Brownie	VETERAN'S DAY! School CLOSED.	Shredded Chicken "Enchilada" Yellow Rice Baked Plantains Apple Sauce	Pizza Day! Fresh Baked Pizza Lettuce & Tomato Salad Low Sugar Arroz c/Leche
Monday, 11/16	Tuesday, 11/17	Wednesday, 11/18	Thursday, 11/19	Friday, 11/20
Beef Stew (carne con papas) White Rice Red Beans ½ slice of whole wheat bread Low-sugar cookies	Homemade Green Pea Stew White Rice Sliced Carrots Low-sugar Brownie	Home-style Spaghetti w/ Meat Sauce Garden Tossed Salad Garlic Rolls Banana slices	Baked Chicken Tenders Creamy Mashed Potatoes ½ slice whole wheat bread Apple Sauce	Pizza Day! Fresh Baked Pizza Lettuce & Tomato Salad Low Sugar Arroz c/Leche
Monday, 11/23	Tuesday, 11/24	Wednesday, 11/25	Thursday, 11/26	Friday, 11/27
Ground Beef (Picadillo) White rice Black beans Baked plantains Jello	Hot Sliced Turkey Slices with Gravy Mashed Potatoes Corn Apple Sauce	Macaroni and Cheese Sliced Carrots Garlic Rolls Low sugar Brownie	HAPPY THANKSGIVING! School CLOSED.	SCHOOL CLOSED.
Monday, 11/30				
Shredded Beef "Ropa Vieja" White Rice Sliced Bananas Warm Roll Low sugar Arroz c/Leche				
			<b>NOTES:</b> Lunch includes MILK (2% reduced fat). All Menus meet or exceed National School Lunch daily requirements. Salads and various sandwich options are available.	