### La Grande Middle School
#### Lunch Menu

**November 2019**

- **Fresh Vegetable Choices and Seasonal Fruit** are offered daily on the Fruit & Vegetable Bar.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>5</td>
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</tbody>
</table>
| Salisbury Steak  
Mashed Potatoes  
Gravy  
Whole Grain Dinner Roll  
Ham Deli Sub Sandwich  
Corn | Hamburger Basket  
Hotdog Basket  
Golden French Fries  
Chef Salad  
Coleslaw | National Nacho Day  
Walking Taco  
Beef Taco Salad  
Turkey Deli Sandwich  
Spicy Pinto Beans | BBQ Rib Sandwich  
Egg Salad Sandwich  
Garden Vegetable Salad  
Kettle Potato Chips | No School |
| 11     | 12      | 13        | 14       | 15     |
| NO SCHOOL  
VETERANS DAY | HOM Bay Leaf  
Crispy Chicken Sub  
Turkey BLT Salad  
Turkey Deli Sandwich  
Corn | Stromboli  
Marinara Sauce  
PB & J Sandwich  
Green Beans | Beefy Nachos w/Cheese Sauce  
Beef Taco Salad  
Yogurt Pak with Bagel  
Mexican Street Corn | Pizza Parlor  
Buffalo Chicken Salad  
Broccoli Salad |
| 18     | 19      | 20        | 21       | 22     |
| Cheeseburger Basket  
Golden French Fries  
Harvest Chicken Salad  
Ham Deli Sandwich  
Warm Cinnamon Apples | HOM Broccoli  
Tator Tot Casserole  
PB & J Sandwich  
Chef Salad  
Broccoli Salad | Lasagna  
Garlic Toast  
Chicken Caesar Salad  
Turkey Deli Sandwich  
Green Beans | Italian Meatball Sub  
Crispy Chicken Salad  
Turkey Ranch Wrap  
Coleslaw | Pizza Parlor  
Chef Salad  
Cucumber Ranch Salad |
| 25     | 26      | 27         | 28        | 29     |
| Cheesy Italian Flatbread  
Marinara Sauce  
Ham Deli Sandwich  
Garden Vegetable Salad | Crispy Chicken Nuggets  
Golden French Fries  
Yogurt Pak with Bagel  
Buffalo Chicken Salad | NO SCHOOL  
THANKSGIVING BREAK | NO SCHOOL  
HAPPY THANKSGIVING | NO SCHOOL  
THANKSGIVING BREAK |

### Information

- Regular: $2.80
- Reduced: $0.00
- Adult: $3.80
- Milk: $0.50
- Extra Entree: $2.05

Milk choice of 1% White, Skim or Chocolate  
Skim is included with lunch.  
Entree Salads are served with Dinner Roll  
For questions contact:  
Heather Torres at taher@lagrandesd.org

Your MENUS plus more information on our app  
Taher Food4Life

Menus are subject to change without notice. This institution is an equal opportunity provider.