



Beets

Beets are a great source of fiber, folate (vitamin B9), manganese, potassium, iron, and vitamin C. Beetroots and beetroot juice have been associated with numerous health benefits, including improved blood flow, lower blood pressure, and increased exercise performance.

**Meal Prices
Lunch**

6-8: Free
Adults: \$5.94
(Includes tax)

Middle School Lunch Menu

November 2024



Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change *Gluten free				1 Pepperoni, Cheese, or Vegetarian Pizza Whole Grain Crust Fruit
4 Pasta Bolognese or Veggie Wrap Fruit	5 Beef Meatballs Mashed Potatoes & Gravy Whole Grain Roll or Cheese Quesadilla Fruit	6 Whole Grain Corn Dog Potato Crisps or Grilled Cheese Sandwich Fruit	7 Chicken Tenders or Kickin' Nuggets Whole Grain Rolls Fruit	8 Hamburger or Veggie Burger on Whole Grain Bun Potato Crisps Fruit
11 Veterans Day No School	12 Carne Asada Quesadilla or Cheese Quesadilla Fresh Fruit Salad	13 Spicy Chicken Burger or Kickin' Burger (vegetarian) Potato Crisps Fruit	14 *Beef Nachos or *Bean and cheese Nachos Nacho Salad Bar Fruit	15 Pepperoni, Cheese, or Vegetarian Pizza Whole Grain Crust Fruit
18 Chicken Burrito or Bean and Cheese Burrito Fruit	19 Hot Dog on Whole Grain Bun or Veggie Wrap	20 *Bean and Cheese Pupusa or Turkey and Cheese Sandwich Fruit	21 Thanksgiving Feast Roasted Turkey & Mashed Potatoes with Gravy Cranberry Sauce Whole Grain Roll or Cheese Quesadilla Fruit	22 BBQ Chicken & Rice Pilaf or Grilled Cheese Sandwich Fruit
25 Thanksgiving Break No School	26 Thanksgiving Break No School	27 Thanksgiving Break No School	28 Thanksgiving Break No School	29 Thanksgiving Break No School

All meals include Clover Milk (1% or Fat Free white milk or Fat Free chocolate), Salad Bar, Fresh Fruit, Vegetables and Whole Grain Breads
This institution is an Equal Opportunity Provider. If you have questions or suggestions please contact the Director: Angela Baxter, RD at 967-2722 or abaxter@sthelenaunified.org.