
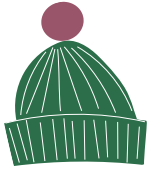



NOVEMBER 2024 MENU

Crookston High School

Monday	Tuesday	Wednesday	Thursday	Friday
	Each lunch is served with fruits (15) and vegetables, one carton of milk, and condiments along with the daily entrée.			1 Pancakes (20) Sausage Patties Yogurt Cup (15)
4 Orange Chicken (16) Brown Rice (22) Dinner Roll (14)	5 Chicken Fajita (22) with Cheese and Fixings Mexican Rice (19)	6 Hot Ham & Cheese (26) Baked Beans (23)	7 Meatballs (4) and Gravy (4) Two Bread Slices (26) Mashed Potatoes (14)	8 Quesadilla Pizza (39) Corn (17)
11 Chicken (9) & Waffles (29) Breakfast Syrup (28)	12 Beef Nachos (38) Mexican Rice (19) Refried Beans (10)	13 Pasta (38) & Meat Sauce (9) Breadstick (17)	14 Chef Salad (5) Two Bread Slices (26) Sunflower Seeds (11)	15 Grilled Cheese (30) Tomato Soup (17) Baked Beans (23)
18 General Tso Chicken (19) Brown Rice (23) Dinner Roll (14)	19 Beef Taco with Cheese and Fixings (34) Mexican Rice (19) Refried Beans (10)	20 Pepperoni Pizza (32) Corn (17)	21 Corn Dog (30) Baked Beans (23)	22 Brunch for Lunch! French Toast Sticks (60) Cheese Omelet
25 Chicken Nuggets (15) Dinner Roll (14) Mashed Potatoes (14)	26 Pulled Pork Sandwich (46) Baked Beans (23)	27 Deli Sandwich (26) Baked Beans (23)	NO SCHOOL 	

Entrée Alternatives

Daily:

Hamburger (29)
Breaded Chicken Sandwich (44)
Plain Chicken Sandwich (30)
Monday: Mr. Rib (35)
Tuesday: Cheese Pizza (32)
Wednesday: Hot Dog (28)
Thursday: Spicy Chicken Patty (46)
Friday: Fish Sandwich (50)

Prices

Students: FREE
Adult Price: \$5.00
Extra Milk: \$0.50
Lactose Free Milk: \$1.00

Daily Milk Choices

Plain Skim (13)
Plain 1% (13)
Chocolate Skim (20)
Lactose Free (upon request)

Carbohydrate Count

Numbers listed in parentheses () are the carbohydrate for that item in full.

Questions?

Contact Emily Scheresky at
emilyscheresky@isd593.org or
218-281-5313 ext. 7



This Institution is an Equal Opportunity Provider

All Menus are subject to change without notice due to supply chain, availability, and delivery changes.