



November 2023 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. | 31 | 1 Chef Salad Wrap (22) | Chili (32) with Cheese Cornbread (11) Goldfish Crackers (14) Corn (17) | 3 Pancakes (20) Eggs Yogurt Cup (15) |
| 6 Orange Chicken (19) Brown Rice (17) Dinner Roll (14) | 7 Beef Taco with Cheese & Fixings (22) Refried Beans (10) | 8 Pepperoni Pizza (32) | 9 Meatballs (4) & Gravy (4) Two Bread Slices (26) Mashed Potatoes (14) | 10 Italian Dunkers (32) Marinara Sauce (5) Spiced Pinto Beans (24) |
| 13 Chicken Strips (22) Dinner Roll (14) Corn (17) | 14 Pulled Pork Sandwich (46) Baked Beans (23) | 15 Pasta (38) & Meat Sauce (9) Breadstick (17) | 16 Corn Dog (30) | 17 Brunch for Lunch! French Toast Sticks (60) Cheese Omelet |
| General Tso Chicken (16) Brown Rice (22) Dinner Roll (14) | 21 Beef Nachos (38) Spanish Rice (19) Refried Beans (10) | 22 Deli Sandwich (26) Fresh Vegetables & Fruit (15) | No Schoo | 24 ol |
| 27 Mini Corndogs (30) | 28 Cheese Pizza (41) Broccoli | 29 Chicken Alfredo (60) Breadstick (17) | 30 Tater Tot Hotdish (21) Two Bread Slices (26) Corn (17) | Grilled Cheese (30) Tomato Soup (17) Spiced Pinto Beans (24) |

Entrée Alternatives

Daily:

Hamburger (29) Breaded Chicken Sandwich (44) Plain Chicken Sandwich (30) Monday: Mr. Rib (35) Tuesday: Cheese Pizza (41) Wednesday: Hot Dog (28) Thursday: Spicy Chicken Patty (46) Friday: Fish Sandwich (50)

Prices

Students: FREE Adult Price: \$4.95 Extra Milk: \$0.50 Lactose Free Milk: \$1.00

Daily Milk Choices

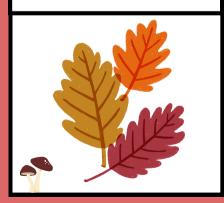
Plain Skim (13) Plain 1% (13) Chocolate Skim (20) Lactose Free (upon request)

Carbohydrate Count

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

Ouestions?

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



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