





# 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)	2 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
20 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)	23 <b>No School</b>	24 
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)	1 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.

**Questions?**  
Contact Emily Scheresky at [emilyscheresky@isd593.org](mailto: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.