

Homer-Center High School

Menus for NOVEMBER 2018

This institution is an equal opportunity provider. Menus are subject to change.

TURKEY TROT.

Thanksgiving dinner can add up to 4500 calories in one sitting! But you don't have to just sit there. If we all made a point to take a vigorous walk (or trot!) before and/or after the big meal, we could offset some of those holiday calories – and enjoy some fresh air, too!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Thursday, November 1

Breakfast

Cinnamon Crumb Cake
Strawberries

Lunch

Pop Corn Chicken
Whipped Potatoes
Seasoned Corn
Dinner Roll
Fresh Apple Slices
Mixed Fruit

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad

Friday, November 2

Breakfast

Sausage Breakfast Pizza
Applesauce

Lunch

Mrs. T's Pierogies
w/wo String Cheese
Glazed Carrots-Tossed Salad
Dinner Roll
Strawberries
Pineapple Tidbits

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad

WILD CHILD

The majestic wild turkey is nothing like its barnyard cousin on the Thanksgiving table. The wild ones can run 25 miles an hour and can fly at 50+. They sleep in trees, and the big males have been known to chase off humans who get too close. Wild turkeys prefer to eat nuts, seeds, and berries – but they'll also consume insects, frogs, lizards, and snakes.



ANIMAL APPETITES

Monday, November 5

Breakfast

French Toast Sticks
Sausage Patty-Peaches

Lunch

Pretzel Dog
Seasoned Green Beans
Sweet Potato Fries
Chilled Peaches
Frozen Fruit Juice Bar

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad

Tuesday, November 6

Breakfast

Cinnamon Roll
Pears

Lunch

Chicken Nuggets
Oven Fries
BBQ Baked Beans
Dinner Roll
Mixed Fruit
Chilled Pears

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad

Wed., November 7

Breakfast

Cheesy Scrambled Eggs
Bagel Half-Mixed Fruit

Lunch

Toasted Cheese Sandwich
Creamy Tomato Soup
Gold Fish Crackers
Carrot & Celery Sticks
Pineapple Tidbits
Chilled Peaches

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad

Thursday, November 8

Breakfast

Jumbo Waffles
Bacon-Pineapple

Lunch

Soft Taco
Lettuce & Tomato
Seasoned Sweet Peas
Black Bean Salsa w/wo Chips
Fresh Banana
Mandarin Oranges

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad

Friday, November 9

Breakfast

Pop Tart-Hash Browns
Mandarin Oranges

Lunch

Cheesy Bread Sticks
w/wo Dipping Sauce
Tossed Salad -Seasoned Corn
Chilled Applesauce
Mixed Fruit
Vanilla Wafers

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad

Monday, November 12

NO SCHOOL



PLEASE JOIN US IN SAYING THANKS TO THOSE WHO HAVE SERVED THE CAUSE OF FREEDOM

Tuesday, November 13

Breakfast

Bacon & Cheese Bagel
Applesauce

Lunch

Warm Turkey & Cheese
Pretzel Sandwich
Sweet Potato Fries
Cucumber Slices
Chilled Peaches
Fresh Grapes

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad

Wed., November 14

Breakfast

Blue Berry Muffin Top
Peaches

Lunch

Macaroni & Cheese
Seasoned Broccoli
Dinner Roll
Blushed Pears
Warm Spiced Apples
Snicker Doodle Cookie

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad

Thursday, November 15

Breakfast

Pancake & Sausage Stick
Pears

Lunch

Chicken Tenders
Orange Glazed Carrots
Oven Fries
Mixed Fruit
Chilled Applesauce
Gold Fish Grahams

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad

Friday, November 16

Breakfast

Breakfast Donut
Mixed Fruit

Lunch

Oven Roasted Turkey
Whipped Potatoes
Seasoned Green Beans
Dinner Roll
Mandarin Oranges
Strawberries

Alternate Entrees

Chicken Filet w/wo Bun
Pizza, PBJ or Chef Salad