

November 2017

Lunch Prices Elementary (Full price): \$2.05 Middle (Full price): \$2.30 High (Full price): \$2.30 Reduced Lunch Price : \$0.40

West Boca Raton High Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<ul style="list-style-type: none"> Caribbean Chicken (6g) with Black Beans & Rice (53g) and Dinner Roll (29g) Fiesta Pizza (39g) Spicy Chicken Sandwich (37g) Chicken Tenders (28g) Specialty Chef Salad (5g) with Savory Wheat Crackers (30g) Ham & Cheese Sub Combo (45g) Banana Muffin Platter (62g) PB&J Grape Sandwich (64g) Caribbean Blend (8g) 	<ul style="list-style-type: none"> Chicken Parmesan Sub (44g) Taco Salad (25g) Chicken Patty Sandwich (36g) Buffalo Chicken Tenders (30g) Mandarin Chicken Salad (174g) with Savory Wheat Crackers (30g) Italian Sub Combo (44g) Banana Muffin Platter (62g) PB&J Grape Sandwich (64g) Sliced Sweet Plantains (55g) 	<ul style="list-style-type: none"> Chicken Teriyaki (8g) with Rice & Veggies (49g) Mini Twin Cheeseburgers (36g) Spicy Chicken Sandwich (37g) Chicken Tenders (28g) Popcorn Chicken Salad (16g) with Savory Wheat Crackers (30g) Turkey & Cheese Sub Combo (42g) Banana Muffin Platter (62g) PB&J Grape Sandwich (64g) Fresh From the Farm Corn on the Cob (9g) Fresh Cut Cantaloupe (7g)
6	7	8	9	10
<ul style="list-style-type: none"> Meat Trio Wedge Pizza (29g) Jamaican Beef Turnover (53g) Spicy Chicken Sandwich (37g) Chicken Tenders (28g) Buffalo Chicken Salad (19g) with Savory Wheat Crackers (30g) Turkey & Cheese Sub Combo (42g) Chocolate Chip Muffin Platter (63g) PB&J Grape Sandwich (64g) Spicy Sweet Potato Sticks (29g) 	<ul style="list-style-type: none"> Penne Pasta w/Meat Sauce (51g) and Garlic Breadstick (15g) Mini Twin Cheeseburgers (36g) Chicken Patty Sandwich (36g) Buffalo Chicken Tenders (30g) Asian Chicken Salad (48g) with Savory Wheat Crackers (30g) Italian Sub Combo (44g) Chocolate Chip Muffin Platter (63g) PB&J Grape Sandwich (64g) Sweet Peas (13g) 	<ul style="list-style-type: none"> Homestyle Chicken (16g) with Hushpuppies (44g) Fiesta Pizza (39g) Spicy Chicken Sandwich (37g) Chicken Tenders (28g) Chicken Caesar Salad (9g) with Savory Wheat Crackers (30g) Ham & Cheese Sub Combo (45g) Chocolate Chip Muffin Platter (63g) PB&J Grape Sandwich (64g) Baked Beans (30g) 	<ul style="list-style-type: none"> Philly Cheesesteak Sandwich (33g) Taquitos (46g) with Salsa (5g) Chicken Patty Sandwich (36g) Buffalo Chicken Tenders (30g) Spicy Chicken Salad (18g) with Savory Wheat Crackers (30g) Italian Sub Combo (44g) Chocolate Chip Muffin Platter (63g) PB&J Grape Sandwich (64g) Broccoli (6g) 	<ul style="list-style-type: none"> Chicken Teriyaki (8g) with Rice & Veggies (49g) All American Burger (33g) Spicy Chicken Sandwich (37g) Chicken Tenders (28g) Popcorn Chicken Salad (16g) with Savory Wheat Crackers (30g) Turkey & Cheese Sub Combo (42g) Chocolate Chip Muffin Platter (63g) PB&J Grape Sandwich (64g) Fresh From the Farm Asian Green Beans & Peppers (14g) Fresh Honeydew Melon (7g)
13	14	15	16	17
<ul style="list-style-type: none"> Cheese Stuffed Wedge Pizza (31g) Pepperoni Stuffed Wedge Pizza (31g) Hamburger (24g) Cheeseburger (25g) Spicy Chicken Sandwich (37g) Chicken Tenders (28g) Turkey BLT Salad (3g) with Savory Wheat Crackers (30g) Turkey & Cheese Sub Combo (42g) Blueberry Muffin Platter (60g) PB&J Grape Sandwich (64g) Seasoned Potato Sticks (25g) 	<ul style="list-style-type: none"> Stuffed Shells (34g) with Garlic Breadstick (15g) Jamaican Beef Turnover (53g) Chicken Patty Sandwich (36g) Buffalo Chicken Tenders (30g) Chicken Tenders (28g) with Savory Wheat Crackers (30g) Italian Sub Combo (44g) Blueberry Muffin Platter (60g) PB&J Grape Sandwich (64g) Broccoli (6g) 	<p>Holiday Meal</p> <ul style="list-style-type: none"> Turkey Roast w/ Gravy with Traditional Stuffing (27g) and Dinner Roll (29g) Pepperoni Stromboli (29g) with Marinara Dipping Cup (7g) Spicy Chicken Sandwich (37g) Chicken Tenders (28g) Buffalo Chicken Salad (19g) with Savory Wheat Crackers (30g) Ham & Cheese Sub Combo (45g) Blueberry Muffin Platter (60g) Mashed Potatoes (22g) Apple Cobbler (21g) 	<ul style="list-style-type: none"> Meatloaf (7g) and Gravy with Macaroni & Cheese (26g) and Dinner Roll (29g) Crunchers Pizza Cheese - Secondary (60g) Chicken Patty Sandwich (36g) Buffalo Chicken Tenders (30g) Spicy Chicken Salad (18g) with Savory Wheat Crackers (30g) Italian Sub Combo (44g) Blueberry Muffin Platter (60g) PB&J Grape Sandwich (64g) Green Beans (5g) 	<ul style="list-style-type: none"> Meat Trio Wedge Pizza (29g) Mini Twin Cheeseburgers (36g) Spicy Chicken Sandwich (37g) Chicken Tenders (28g) Asian Chicken Salad (48g) with Savory Wheat Crackers (30g) Turkey & Cheese Sub Combo (42g) Blueberry Muffin Platter (60g) PB&J Grape Sandwich (64g) Fresh From the Farm Corn on the Cob (9g) Fresh Cut Watermelon (7g)
20	21	22	23	24
No School - Thanksgiving Holiday	No School - Thanksgiving Holiday	No School - Thanksgiving Holiday	No School - Thanksgiving Holiday	No School - Thanksgiving Holiday
27	28	29	30	
<ul style="list-style-type: none"> Meat Trio Wedge Pizza (29g) Hamburger (24g) Cheeseburger (25g) Spicy Chicken Sandwich (37g) Chicken Tenders (28g) Buffalo Chicken Salad (19g) with Savory Wheat Crackers (30g) Banana Muffin Platter (62g) 	<ul style="list-style-type: none"> Meatball Sub (33g) Mozzarella Cheese Sticks Breaded (37g) with Marinara Dipping Cup (7g) Chicken Patty Sandwich (36g) Buffalo Chicken Tenders (30g) Chicken Tenders Salad (18g) with Savory Wheat Crackers (30g) 	<ul style="list-style-type: none"> Caribbean Chicken (6g) with Black Beans & Rice (53g) and Dinner Roll (29g) Fiesta Pizza (39g) Spicy Chicken Sandwich (37g) Chicken Tenders (28g) Specialty Chef Salad (5g) with Savory Wheat Crackers (30g) Ham & Cheese Sub Combo (45g) 	<ul style="list-style-type: none"> Chicken Parmesan Sub (44g) Taco Salad (25g) Chicken Patty Sandwich (36g) Buffalo Chicken Tenders (30g) Crunchers Pizza Cheese - Secondary (60g) Italian Sub Combo (44g) Banana Muffin Platter (62g) PB&J Grape Sandwich (64g) 	

Lunch Items Served Daily: Fat Free Chocolate Milk (22g) , Fat Free Milk Unflavored (12g) , 1% Milk Unflavored (12g) , Fruits & Vegetables, Romaine Salad Cup (1g) , Fresh Baby Carrots (5g) , Assorted Fresh Fruit (15g) , Assorted Fruit Cups (19g) , Assorted Apple & Pear Sauces (15g) , Assorted Canned Fruit (18g) , 100% Fruit Juice (6 oz) (21g) , Condiments, Assorted Salad Dressings (entree salads) (6g) , Ketchup (2g) , Mustard , Mayonnaise (1g) , BBQ Dipping Sauce (13g) , Assorted Dipping Sauce (9g) , Ranch Dipping Sauce (2g)

More Details: <http://palmbeachschools.nutrislice.com/menu/west-boca-raton-high/lunch/>
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