



POWER UP

FRESH, LOCAL, DELICIOUS

Available With All Meals:

- Variety of Fruits & Vegetables
- Nonfat, 1%, Nonfat Chocolate Milk, Soy Milk or Lactose Free Milk



November 1		2	3	4	5
Grab and Go Lunch	Grab and Go Lunch	Grab and Go Lunch	Grab and Go Lunch	Grab and Go Lunch	Grab and Go Lunch
8	9	10	11	12	
Chicken Super Burrito	Zesty Italian Pizza Pasta with Garlic Bread	Teriyaki Chicken Noodle Bowl	No School	Thai Chicken with Steamed Brown Rice	
15	16	17	18	19	
Chicken Quesadilla with Spanish Rice	Potato Wedge Nachos	Korean Beef with Chow Mein Noodles	Chicken Biscuit Sandwich	Orange Chicken with Steamed Brown Rice	
22	23	24	25	26	
Chipotle Burrito Bowl	Turkey & Gravy Mashed Potatoes Whole Wheat Dinner Roll	No School	No School	No School	
29	30	<p>LOVE kids and LOVE food? We would LOVE to have you work for us! Nutrition services is hiring for substitutes to help prepare and serve meals to students all over the district. Work usually takes place in the middle of the day, so if you are looking for a way to get involved while your child is in school we might be the perfect fit! Head to spokaneschools.org/meals and click "Join Our Team" to apply!</p>			
Buffalo Chicken Mac and Cheese	Chicken Corndog				

Daily Lunch Options

Pizza Rita Variety
Grab and Go Salads
Cheeseburger

Nachos
Black Bean Burger
Baked French Fries

Breakfast choices offered every day! Items like hot breakfast sandwiches, breakfast bars, bagels, and parfaits available with low fat milk and fruit or juice to help your get ready for your day.

November 2021 High School Menu

Menus are subject to change
 ♻ Symbol shows vegetarian option
 This institution is an equal opportunity provider



Spokane Public Schools
excellence for everyone