

**All meals include a choice of
1% milk or fat free
chocolate milk**

NOVEMBER 2022

Cashmere High School

Daily choices of fruits and
vegetables
**All grains are at least 51%
whole grain**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <i>Parent / Teacher Conferences No School</i>	2 **Corn Dog **Burrito Churro	3 **Hamburger French Fries **Pepperoni Pizza Pocket	4 **Brunch for Lunch (Omelet, Pancakes & Sausages) **Cheese Quesadilla
7 **Bean & Cheese Burrito **Cheese Quesadilla	8 **Chicken Nuggets Mashed Potato & Gravy **Turkey & Cheese Croissant	9 **Chicken Burger **Pepperoni Pizza Ripper	10 **Ham & Cheese Melt Turley & Cheese Sub	
14 **Homemade Spaghetti W/G Roll **Cheese Quesadilla	15 **Chicken Nuggets WG Roll **Ham & Cheese Melt	16 **Hamburger French Fries **Pepperoni Pizza Pocket	17 **Ravioli with WG Roll **BBQ Pulled Pork Sandwich Corn	18 **Burrito with Chips & Cheese **Corn Dog with Chips & Cheese
21 **Teriyaki Beef Dippers with Rice **Egg Roll with Rice Fortune Cookie	22 **Chicken Burger **Pepperoni Pizza Pocket	<u>Early Release</u> 23 **Ham & Cheese Melt **Turley & Cheese Sub		
28 **Fish Sticks with Fries **Corn Dog **Ham & Cheese Melt	29 **Chicken Nuggets Mashed Potato & Gravy **Turkey & Cheese Croissant	30 **Brunch for Lunch (Omelet, Pancakes & Sausages) **Cheese Quesadilla		

Important Notice: Cashmere School District is **NOT** peanut or tree nut free. Your child may be exposed to peanut or tree nuts in the course of their day while in any Cashmere School District property.

This institution is an equal opportunity employer.

Menu subject to change