

NOVEMBER 2023

Ethel High School



School Information:
Café on the Hill
Terry Avent, Site Manager



November is National Peanut Butter Lovers Month. Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich. **MENUS ARE SUBJECT TO CHANGE! A COLD LUNCH WILL BE AVAILABLE DAILY!**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Meatballs
Mashed Potatoes
Green Beans
Rolls
Fruit/Milk

1

Grilled Chicken Sandwich
Baked Potato
Veggie Juice
Fruit/Milk

2

Hotdogs
Chips
Tossed Salad
Fruit/Milk

3

General Tso's Chicken
Asian Fried Rice
Egg Roll/Green Peas
Fruit
Milk

6

Chicken Nuggets
Steamed Potatoes
Broccoli
Roll
Fruit/Milk

7

Stuffed Crust Pizza
French Fries
Veggie Juice
Fruit
Milk

8

BBQ Rib
Baked Beans
Whole Kernel Corn
Fruit
Milk

9

Hamburger
Chips
Veggies w/ Dip
Fruit
Milk

10

Chicken Sandwich
Sweet Potato Fries
Veggie Juice
Fruit
Milk

13

Ham & Cheese Hoagies
Veggies w/ Dip
Fruit
Milk

14

Thanksgiving Dinner

15

Corndogs
Potato Wedges
Fruit
Milk

16

Bag Lunch

17

Thanksgiving Holiday

20

Thanksgiving Holiday

21

Thanksgiving Holiday

22

Thanksgiving Holiday

23

Thanksgiving Holiday

24

Cheeseburgers
Crinkle Cut Fries
Veggies w/ Dip
Fruit
Milk

27

Pizza
Mexicali Corn
Garden Salad
Fruit
Milk

28

Vegetable Soup w/
Crackers
Grilled Cheese
Fruit
Milk

29

Hamburger Steak w/
Gravy
Mashed Potatoes
Green Beans
Milk/Fruit

30