

# Durant High School

## November 26-30

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

### SIDES

A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

### Daily Special

**\*\*The fresh pick for November is squash!**

### CREATIONS

<b>MONDAY</b>	Chopstick Creations offered with Green Beans
<b>TUESDAY</b>	Whole Grain Pancakes, Scrambled Egg & Sausage offered with Sweet Potato Fries
<b>WEDNESDAY</b>	Pasta Pronto offered with Breadstick & Roasted Squash & Zucchini
<b>THURSDAY</b>	Hearty Chili & Cornbread offered with Golden Corn
<b>FRIDAY</b>	Popcorn Chicken Bowl offered with Freshly Baked Roll & Green Beans

### Daily Special & Everyday

Hamburger, Cheeseburger Crispy Chicken Sandwich, & Spicy Chicken Sandwich offered Daily!

### GRILL

<b>MONDAY</b>	Popcorn Chicken offered with Tater Tots
<b>TUESDAY</b>	Popcorn Chicken offered with Western Baked Beans
<b>WEDNESDAY</b>	Popcorn Chicken offered with Sweet Potato Fries
<b>THURSDAY</b>	Popcorn Chicken offered with Potato Wedges
<b>FRIDAY</b>	Grilled Chicken Sandwich offered with French Fries

### Daily Special & Everyday

Cheese and Pepperoni Pizza offered daily

### PIZZA

Pizzas are made with low sodium sauce, low fat cheeses and a whole grain crust

<b>MONDAY</b>	Taco Pizza
<b>TUESDAY</b>	Pepperoni Calzone
<b>WEDNESDAY</b>	Italian Sausage Pizza
<b>THURSDAY</b>	Meat Lovers Calzone
<b>FRIDAY</b>	Spicy Buffalo Chicken Pizza

### Daily Specials

Nacho Bar offered daily with variety of Cheese Sauces, Mexican Chicken, Refried Beans & Crumbled Beef

### SALSA

<b>MONDAY</b>	Mexi-Chicken Tacos offered with Refried Beans
<b>TUESDAY</b>	Beef Tacos offered with Fiesta Potatoes
<b>WEDNESDAY</b>	Mexi-Chicken Tacos offered with Frijoles Charros Beans
<b>THURSDAY</b>	Beef Tacos offered with Fiesta Potatoes
<b>FRIDAY</b>	Cheese Enchilada offered with Refried Beans <b>V</b>

### Daily Specials & Everyday

Turkey, Ham and American Subs made fresh and offered daily

Fast Takes products are made daily using local ingredients when seasonally available

### FAST TAKES

<b>MONDAY</b>	Hearty Garden Salad or Southwest Turkey Sub <b>V</b>
<b>TUESDAY</b>	Chef Salad or Chicken Caesar Flatbread
<b>WEDNESDAY</b>	Southwest BBQ Chicken Salad or Chicken Salad Sub
<b>THURSDAY</b>	Chicken Caesar Salad or Spicy Buffalo Chicken Wrap
<b>FRIDAY</b>	Spicy Buffalo Chicken Salad or Sunbutter & Jelly Sandwich <b>V</b>

**V Vegetarian**

**Mindful**

We use menu identifiers in the café to help students recognize Vegetarian & Mindful options. Mindful selections meet specific criteria for fat, sodium & calories.

*This institution is an equal opportunity provider.*

Nutrition Information is available upon request.

CROSSROADS  
**CAFE**  
by sodexo\*