



November 2022

Global Concepts High School

9-12 Lunch Menu



Personal Touch
FOOD SERVICE

Menu is subject to change.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| FARM TO SCHOOL | Buffalo Chicken Patty Sandwich (2M, 2G) ----- Broccoli 3/4 Fruit 1/2c Milk -8oz | Nacho Grande (2M, 2G) ----- Seasoned Black Beans 1/2C Corn 1/2c Fruit 1/2c Milk-8oz | Meatball Bomber (2M, 2G) ----- Maple Glazed Carrots 3/4C Fruit 1/2c Milk-8oz | Popcorn Chicken Mashed Potato Bowl (2M, 2G) ----- Corn 1/2c NYS Cauliflower 1/2C Fruit 1/2c Milk-8oz |
| Chicken Fingers (2M, 2G) ----- Corn 1/2c NYS Winter Squash- 1/2 C Fruit 1/2c Milk-8oz | Breakfast Sandwich for Lunch! Egg and Cheese Biscuit (2M, 2G) ----- Hash Brown Pattie 1/2c Fruit 1/2c Milk-8oz | Cheese Burger (2M, 2G) ----- Oven Browns 1/2c Steamed Broccoli 1/2c Fruit 1/2c Milk-8oz | Chicken Enchilada (2M, 2G) ----- Romaine Salad 1/2c Carrot Rounds 1/2C Fruit 1/2c Milk -8oz | VETERANS DAY No School |
| Taco On 10" Wrap (2M, 2G) ----- Black Beans 1/2c Fruit 1/2c Milk-8oz | Roasted Chicken Dinner Roll (2M, 2G) ----- NYS Cauliflower 1/2C Fruit 1/2c Milk-8oz | Grilled Cheese (2M, 2G) ----- Baked French Fries 1/2c Green Beans 1/2c Fruit 1/2c Milk-8oz | Meatball Bomber (2M, 2G) ----- Maple Glazed Carrots 3/4C Fruit 1/2c Milk-8oz | Chicken Nuggets (2M, 2G) ----- Sweet Peas 1/2c Broccoli 1/2c Fruit 1/2c Milk-8oz |
| Roasted Turkey Dinner (2M, 2G) ----- Corn 1/2c Mashed Potatoes 1/2c Fruit 1/2c Milk-8oz | Goulash Dinner Roll (2M, 2G) ----- Romaine Salad 1/2c Carrots 3/4c Fruit 1/2c Milk-8oz | No School | Happy Thanksgiving | No School |
| Chicken Filet Breast (2M, 2G) ----- Broccoli 1/2C Sliced Carrots 1/2C Fruit 1/2c Milk-8oz | Meat Loaf (2M, 2G) ----- Mashed Potatoes 1/2c Sliced Carrots 1/2C Fruit 1/2c Milk-8oz | Buffalo Chicken Patty Sandwich (2M, 2G) ----- NYS Winter Squash 1/2C Green Beans 1/2c Fruit 1/2c Milk 8 oz | | Harvest of the Month Growing Healthy Students NYS Cauliflower NYS Winter Squash |

NYS LOCAL FOODS
**Upstate Farms Dairy*
-milk, yogurt, sour cream
**LynOaken Farms Apples*
**Local Farm Vegetables and Fruit*
used in Meal Program
highlighted in green

We serve the following Items Daily
Deli Bar! (2M2G)
Salads! (2M2G)
PBJ Sandwiches! (2M2G)
Made Fresh Daily!!!!
Fresh or prepared fruits and vegetables offered daily.
 (Must take 1/2 cup of Fruit or Veggies may take one cup)
Non-or Low-Fat White or Non-Fat Chocolate Milk

This Institution is an equal opportunity provider and employer