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North Shore Technical High Weekly School Lunch Menu



Lunch alternate selection 1. Sandwich choice, fresh fruit, chips, milk or fruit juice. 2. Salad choice, bread, variety yogurt, milk, fruit or juice. A variety of milk, whole or low fat is available daily. The North Shore Regional School District does not discriminate in any of its educational programs or activities on the basis of race, color, sex, religion or national origin.

Monday Nov. 3	Vermont Macaroni & Cheese, Maple Glazed Ham, Steamed Green Beans and Carrots, Cinnamon Twist Bread or Bulldog Chicken Filet Sandwich, Baked Chips, Garden Salad. Dessert – Fresh Fruit Cup.
Tuesday Nov. 4	Roast Breast of Chicken with Herb Crumb, Pan Gravy, Roasted Red Bliss Potatoes, Sweet Kernel Corn, Crispy Pan Roll or Chicken Finger Bombe with Lettuce , Garden Tomato and Chopped Pickles, Creamy Macaroni Salad. Dessert - Apple Crumble.
Wednesday Nov. 5	Ziti with Tomato Sauce, Steamed Green Beans with Olive Oil & Garlic, Ciabatta Bread or School Made Whole Wheat Three Cheese Pizza, Reduced Fat Baked Chips, Caesar Salad. Dessert – Strawberry Shortcake.
Thursday Nov. 6	CHEFS CHOICE
Friday Nov. 7	No School Today



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Monday Nov. 10	School Made Cheese Pizza Wedge, Caesar Salad with Crispy Croutons, Reduced Fat Baked Chips or Spaghetti with Marinara Sauce, Cheesy Garlic Bread, Steamed Zucchini & Julienne Carrots. Dessert – Low Fat Chocolate Mousse.
Tuesday Nov. 11	No School Today
Wednesday Nov. 12	Cheesy Tortellini with Marinara Sauce, Steamed Summer Squash & Sweet Red Peppers, Herbed Focaccia Wedge or Chicken Parmesan Bulkie, Caesar Salad with Crispy Croutons & Romano Cheese. Dessert –Butterscotch Pudding Cloud.
Thursday Nov. 13	Roast Loin Of Pork, Smashed New Potatoes, Carrots Vichy, Butter Pan Rolls, Pan Gravy, Cinnamon Applesauce, or Chicken Cordon Bleu Sandwich, Soft Bulkie Roll, Caesar Salad, Multi Grain Sun Chips. Dessert-Chilled Macintosh Apple.
Friday Nov. 14	Whole Wheat Spaghetti Pasta Bowl with Marinara Sauce, Roman Caesar Salad with Cheesy, Mustard Dressing, Rosemary and Romano Focaccia, or Personal Pan Pepperoni Pizza, Caesar Salad, Reduced Fat Baked Chips. Dessert – Chocolate Ice Cream Sundae

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Monday Nov. 17	Grilled Cheese Burger Special on a Sesame Seed Bun, Iceberg Lettuce, Garden Tomato, Dill Pickle & Sweet Red Onion, Crispy Battered Onion Rings or Grilled Chicken Caesar Salad Syrian Roll Up with French Fries. Dessert – Strawberry Jell-o.
Tuesday Nov. 18	North End Italian Deli Sub, Lettuce, Tomato, Chopped Pickles, Whole Wheat Hoagie Roll, Minestrone Soup, Steak Fries, Or Tuna Salad Club Sandwich on Canadian White Bread, Minestrone Soup, Crispy Steak Fries. Dessert- Bulldog Chunky Cookie Choice.
Wednesday Nov. 19	Triple Cheese Baked Rotini with Spicy Cacciatore Sauce, Steamed Broccoli with Olive Oil & Lemon, Whole Wheat Garlic Bread or, Sausage and Pepper Hoagie, Crispy Fries and Garden Salad. Dessert – Chilled Melon Cup
Thursday Nov. 20	Dixie Chicken Nuggets, Whipped Potato, Pan Gravy, Sweet Baby Glazed Carrots, Sno Flake Roll or Sal's Pizza Wedge, Garden Salad with Fresh Tomato & Cucumber & Sweet Bell Peppers with Low Fat Italian Dressing, Reduced Fat Baked Chips. Dessert – Chilled Macintosh Apple.
Friday Nov. 21	Grandmother's Rigatoni with Meatballs, Tomato Basil Sauce, Steamed Zucchini & Summer Squash with Garlic, Crispy Italian Bread or Cheesy Meatball Sub on a Fresh Hoagie Roll, Roman Caesar Salad, Shoe String French Fries. Dessert – Chocolate Pudding With Whipped Cream

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Monday Nov. 24	Crispy Southern Style Chicken Selects, Whipped Potato, Pan Gravy, Sweet Kernal Corn, Alpine Bread, Or Apple Smoked Bacon Burger, Sesame Deli Roll, Lettuce Tomato, Sliced Red Onion, Deli Pickle, Reduced Fat Baked Chips. Dessert- Apple Cinnamon Crisp with Oatmeal Streusal.
Tuesday Nov. 25	Traditional Thanksgiving Turkey Dinner with All of the Fixings for our Students, Faculty and Staff. The Culinary Arts Department would like to Wish Everyone a very Happy & Safe Thanksgiving Holiday
Wednesday Nov. 26	Early Release for Thanksgiving Holiday Breakfast Only No Lunch Served Today
Thursday Nov. 27	No School, Thanksgiving Holiday
Friday Nov. 28	No School, Thanksgiving Holiday