



SIMPLY GOOD

Noble Hot Lunch: October 2016

Full Student Lunch Includes Choice of Entrée (Protein w/ Grain Accompaniment(s)), Fruit & Vegetable Side Dishes, and Choice of Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><u>Choose One</u> BBQ Chicken Sandwich</p> <p>Cheese Quesadilla</p> <p><u>Sides</u> Seasoned Broccoli Salad Bar Assorted Fresh Fruit</p>	<p>4</p> <p><u>Choose One</u> Pepperoni & Pepper Pizza</p> <p>Spinach & Broccoli Pizza</p> <p><u>Sides</u> Seasoned Carrots Salad Bar Assorted Fresh & Chilled Fruit</p>	<p>5</p> <p><u>Choose One</u> Classic Cheeseburger w/ Zesty Noble Sauce</p> <p>Cajun Baked Fish Sandwich w/ Zesty Noble sauce </p> <p><u>Sides</u> Garlic Parmesan Roasted Potatoes Salad Bar Assorted Fresh Fruit</p>	<p>6</p> <p><u>Choose One</u> Italian Meatball Sub</p> <p>Toasted Cheese & Tomato Sandwich</p> <p><u>Sides</u> Salad Bar Assorted Fresh Fruit Assorted Chilled Fruit</p>	<p>7</p> <p><u>Choose One</u> Hot Turkey Ham & Cheese Sandwich</p> <p>Toasted Cheese Sandwich</p> <p><u>Sides</u> Fresh Vegetables Assorted Fresh Fruit</p>
<p>10</p> <p><u>Choose One</u> Classic Cheeseburger</p> <p>Toasted Cheese Sandwich</p> <p><u>Sides</u> Mashed Potatoes w/ Gravy Salad Bar Assorted Fresh Fruit</p>	<p>11</p> <p><u>Choose One</u> Turkey Burrito Bowl </p> <p>Bean & Cheese Quesadilla</p> <p><u>Sides</u> Seasoned Pinto Beans Salad Bar Assorted Fresh & Chilled Fruit</p>	<p>12</p> <p><u>Choose One</u> Bayou Chicken w/ Creole Brown Rice</p> <p>Herbed Baked Fish w/ Creole Brown Rice</p> <p><u>Sides</u> Seasoned Green Beans Salad Bar Assorted Fresh Fruit</p>	<p>13</p> <p><u>Choose One</u> Pepperoni & Pepper Pizza</p> <p>Five Alarm Pepper Pizza</p> <p><u>Sides</u> Salad Bar Assorted Fresh Fruit Assorted Chilled Fruit</p>	<p>14</p> <p><u>Choose One</u> Cheeseburger</p> <p>Toasted Cheese Sandwich</p> <p><u>Sides</u> Fresh Vegetables Assorted Fresh Fruit</p>
<p>17</p> <p><u>Choose One</u> Chicken Tacos</p> <p>Cheddar Cheese Nachos </p> <p><u>Sides</u> Seasoned Black Beans Salad Bar Assorted Fresh Fruit</p>	<p>18</p> <p><u>Choose One</u> Classic Cheeseburger</p> <p>Cajun Baked Fish Sandwich </p> <p><u>Sides</u> Garlic Parmesan Roasted Potatoes Salad Bar Assorted Fresh & Chilled Fruit</p>	<p>19</p> <p><u>Choose One</u> Pepperoni & Pepper Pizza</p> <p>Spinach & Red Pepper Pizza</p> <p><u>Sides</u> Elotes Style Corn Salad Bar Assorted Fresh Fruit</p>	<p>20</p> <p><u>Choose One</u> Sloppy Joe on a Bun</p> <p>Toasted Cheese & Tomato Sandwich</p> <p><u>Sides</u> Salad Bar Assorted Fresh Fruit Assorted Chilled Fruit</p>	<p>21</p> <p>NO CLASSES</p> <p>PROFESSIONAL DEVELOPMENT</p>
<p>24</p> <p><u>Choose One</u> Smothered Chicken w/ Homestyle Biscuit</p> <p>Moroccan Chickpea Stew w/ Homestyle Biscuit</p> <p><u>Sides</u> Seasoned Mixed Veggies Salad Bar Assorted Fresh Fruit</p>	<p>25</p> <p><u>Choose One</u> Classic Cheeseburger</p> <p>Toasted Cheese Sandwich</p> <p><u>Sides</u> Sweet Potato Fries </p> <p>Salad Bar Assorted Fresh and Chilled Fruit</p>	<p>26</p> <p><u>Choose One</u> Jerk Chicken w/ Cilantro Lemon Rice</p> <p>Herbed Baked Fish w/ Cilantro Lemon Rice</p> <p><u>Sides</u> Seasoned Corn Salad Bar Assorted Fresh Fruit</p>	<p>27</p> <p><u>Choose One</u> Pepperoni & Pepper Pizza</p> <p>Five Alarm Pepper Pizza</p> <p><u>Sides</u> Salad Bar Assorted Fresh Fruit Assorted Chilled Fruit</p>	<p>28</p> <p><u>Choose One</u> Cheeseburger</p> <p>Toasted Cheese Sandwich</p> <p><u>Sides</u> Fresh Vegetables Assorted Fresh Fruit</p>
<p>FOOD FOCUS: TREE FRUITS</p> <p>Tree fruits are excellent as on the go snacks. They're high in nutrients including fiber and vitamins and are sweet and juicy. Make tree fruits a part of your 5 daily fruits and vegetables.</p>				

This institution is an equal opportunity provider. Food Service Provided by Chartwells. Menu subject to change without notice.

Students must select three food components including a 1/2 cup serving of fruits or vegetables.

Milk: All meals are offered with a choice of milk. Milk choices include skim white or 1% white.

Grains: All of the grain products we serve are whole grains.

Fruits: Assorted fresh fruit may include: apples, bananas, pears, and oranges.

Salad Bar: Daily salad bar offerings include rotating fresh vegetables, beans and salads.