

MERKEL HIGH SCHOOL



NOVEMBER 12 - DECEMBER 20

Menu is subject to change without notice and is based on availability and seasonality of food items.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STUDENT HOLIDAY NOV 11 <i>Sausage, Egg & Cheese Sandwich</i> <i>Vanilla Glazed Donut</i> -Baked Potato Bar! Steak Fingers & Roll Meatball Melt Sub	NOV 12 <i>Sausage, Egg & Cheese Sandwich</i> <i>Vanilla Glazed Donut</i> -Baked Potato Bar! Steak Fingers & Roll Meatball Melt Sub	NOV 13 <i>Sausage Kolache</i> <i>Egg, Ham & Cheese Tortilla Roll</i> Chicken Parmesan & Spaghetti Ham & Cheese Salad w/Roll Street Taco Day	NOV 14 <i>Ham & Cheese Biscuit Melt</i> <i>Mini-Cinnamon Rolls</i> << Nacho & Taco Bar >> Popcorn Chicken Salad w/Roll Corn Dog	NOV 15 <i>Cinnamon Round Biscuit & Gravy</i> ... PIZZA BAR ... Chicken Carbonara Spaghetti & Breadstick Beef, Bean & Cheese Burrito
Try the all-new Chicken & Waffle Sandwich this week! • Try the all-new Chicken & Waffle Sandwich this week! • Try the all-new Chicken & Waffle Sandwich this week!				
NOV 18 Breakfast Sausage Pizza Cinnamon French Toast THANKSGIVING Turkey & Dressing w/Gravy Mashed Potatoes • Roll Green Beans • Cranberry Relish Mixed Fruit w/Whipped Cream \$4.99 VISITOR	NOV 19 <i>Ham & Cheese Biscuit Melt</i> <i>Sausage Kolache</i> -Baked Potato Bar! Breaded Chicken Drumstick & Roll Beef Enchiladas	NOV 20 <i>Cheddar Omelet w/Tater Bites & Toast</i> <i>Cinnamon Roll</i> Popcorn Chicken & Potato Bowl w/Roll Corn Dog Asian Fusion	NOV 21 <i>Pancake-on-a-Stick</i> <i>Glazed Vanilla Donut</i> << Nacho & Taco Bar >> Pizza Maxx Sticks w/Marinara Chicken Sandwich	NOV 22 <i>Egg & Cheese Bagel Melt</i> <i>Cherry Frudel</i> ... PIZZA BAR ... BBQ Pork Riblet Sandwich Beef Tacos
NOV 25	NOV 26	NOV 27	NOV 28	NOV 29

NOVEMBER 25-29 • THANKSGIVING BREAK

DEC 2 <i>Egg & Cheese Biscuit Melt</i> <i>Apple Frudel</i> • GRILL BAR • Chicken Alfredo Penne Pasta BBQ Chicken & Roll	DEC 3 <i>Sausage Kolache</i> <i>Cinnamon Roll</i> -Baked Potato Bar! Popcorn Chicken & Potato Bowl Beef & Cheese Nachos	DEC 4 <i>Cheesy Omelet & Tater Bites w/Toast</i> <i>Breakfast Sausage Pizza</i> Chicken Quesadilla Chicken Caesar Salad & Roll Deli Day!	DEC 5 <i>Muffin & Yogurt</i> <i>Egg, Ham & Cheese Pancake Melt</i> << Nacho & Taco Bar >> Chicken Fried Steak & Gravy w/Roll Broccoli & Cheese Potato w/Roll	DEC 6 <i>French Toast Sticks</i> <i>Breakfast Sausage Pizza</i> ... PIZZA BAR ... Sloppy Joe Hamburger/Cheeseburger
Try the all-new Rainbow Flatbread this week! • Try the all-new Rainbow Flatbread this week! • Try the all-new Rainbow Flatbread this week!				
DEC 9 <i>Egg, Ham & Cheese Tortilla Roll</i> <i>Banana Muffin</i> • GRILL BAR • Cheesy Beef Nachos Pizza Salad & Roll	DEC 10 <i>Breakfast Sausage Quesadilla</i> <i>Grape Crescent</i> -Baked Potato Bar! Chicken Tenders & Roll Meatloaf & Gravy w/Roll	DEC 11 <i>Sausage Sandwich</i> <i>Cherry Frudel</i> Pizza Maxx Sticks w/Marinara Orange Chicken & Broccoli LoMein Breakfast 4 Lunch	DEC 12 <i>Bacon, Egg & Cheese Sandwich</i> <i>Vanilla Glazed Donut</i> << Nacho & Taco Bar >> Chicken Drumstick w/Roll Spaghetti & Meatballs w/Breadstick	DEC 13 <i>Maple Burst'n' Pancakes</i> <i>Egg & Cheese Biscuit Melt</i> ... PIZZA BAR ... Chili Cheese Fries & Roll Chicken Soft Taco & Roll
DEC 16 <i>Country Chicken Sandwich</i> <i>Sausage & Cheese Frittata</i> • GRILL BAR • Salisbury Steak w/Gravy Chicken Nuggets & Roll	DEC 17 <i>Sausage, Egg & Cheese Sandwich</i> <i>Vanilla Glazed Donut</i> -Baked Potato Bar! Steak Fingers & Roll Meatball Melt Sub	DEC 18 <i>Sausage Kolache</i> <i>Egg, Ham & Cheese Tortilla Roll</i> Chicken Parmesan & Spaghetti Ham & Cheese Salad w/Roll Street Taco Day	DEC 19 <i>Ham & Cheese Biscuit Melt</i> <i>Mini-Cinnamon Rolls</i> EARLY RELEASE Sack Lunch	DEC 20 <i>Cinnamon Round Biscuit & Gravy</i> EARLY RELEASE Sack Lunch

SIDES: (items rotate daily, availability based on seasonality) Apple • Applesauce • Baby Carrots • Banana • Broccoli/fresh or steamed • Cantaloupe • Carrots/roasted • Celery Sticks • Collard Greens/steamed • Cucumber & Tomato Salad • Cucumbers/sliced • French Fries • Fresh Fruit Salad • Fruit Mix Cup • Golden Corn • Green Bean • Kickin' Pinto Beans • Mandarin Oranges • Mashed Potato Orange • Orange-Glazed Carrots • Peaches/diced • Pears/fresh or diced • Red Pepper Strips • Side Salad • Spinach/steamed • Sweet Potato Fries • Tater Bites • Tomato/wedges • Veggie Baked Beans • Yellow Squash/steamed • Zucchini/fresh, steamed or roasted
DRINKS: Apple Juice • Fruit Blend Juice • Grape Juice • Orange Juice • 1% Milk • Chocolate Milk • Skim Strawberry Milk

• HIGH SCHOOL • MORE CHOICES • MADE-TO-ORDER •

• GRILL BAR • CHOOSE» Hamburger & Bun ☞ Grilled Chicken & Bun ADD» American ☞ Cheddar ☞ Pepper Jack ADD» Veggies • Ranch Dressing ☞ Siracha Mayo	-Baked Potato Bar!- CHOOSE» Baked Potato ADD» Chili ☞ Ham ☞ Taco Meat ADD» Broccoli ☞ Sour Cream	ON WEDNESDAYS THE MADE-TO-ORDER MENU CHANGES... (the color of the block above corresponds to the menu below) ↓ ↓ ↓	<< Nacho & Taco Bar >> CHOOSE» Taco Shells ☞ Tortilla ☞ Tortilla Chips ADD» Diced Chicken ☞ Beef Taco Meat ADD» Shredded Cheese ☞ Queso ADD» Jalapeños • Salsa • Sour Cream • Veggies	... PIZZA BAR ... Specialty Pizzas: Sausage & Jalapeño • Meat Lover's BBQ Chicken • Pepperoni & Jalapeño Hawaiian Pizza Calzones & Strombolis Check the Pizza Bar for Today's Feature!
Asian Fusion! CHOOSE» LoMein ☞ Fried Rice ADD 1» Beef ☞ Popcorn Chicken SAUCE 1» Teriyaki ☞ General Tso ☞ Sweet & Sour ☞ Soy Sauce LoMein INCLUDES» Egg Roll	*PASTA* PASTA» Penne ☞ Spaghetti ADD» Meatballs ☞ Chicken ADD SAUCE» Marinara ☞ Alfredo INCLUDES» Breadstick	*Deli Day!* CHOOSE» Sub Roll ☞ Flatbread CHOOSE 1» Turkey ☞ Ham ADD 1» American Cheese ☞ Cheddar ☞ Pepper Jack TOP IT OFF» Veggies SELECT» Buffalo Ranch Honey Mustard ☞ Sriracha Mayo	*Breakfast 4 Lunch* PROTEIN» Scrambled Eggs ☞ Sausage CHOOSE» Tortilla ☞ Pancake TOP IT OFF» Cheddar Cheese Shreds ☞ Seasoned Potatoes ☞ Mushrooms ☞ Sautéed Onions & Peppers Bacon Crumbles	*Street Taco Day* CHOOSE» Shell ☞ Flour Tortilla ADD 1» Fish Bites ☞ Chicken Carnitas ☞ Charro Beans ADD» Shredded Cheddar ☞ Pepper Jack TOP IT» Salsa ☞ Pico ☞ Pineapple Salsa Lettuce ☞ Tomatoes ☞ Sour Cream ☞ Jalapeños

THE LUNCH PROGRAM The "Offer Vs Serve" Lunch Program was designed by the federal government to eliminate food waste. This program requires each student (K-12th grade) to choose at least 3 of the 5 components each day. Their choices must include 1 fruit and/or vegetable and at least two more of the items offered. We encourage them to take all five items each day. Lunch serving consists of: Entrée (meat/meat/alternates), fruits, vegetables, grains/breads, assortment of low-fat milk.

MENU KEY

Breakfast items are in italics

Cereals served are gluten-free:
 Lucky Charms • Cocoa Puffs™
 Honey Nut Cheerios™
 Trix • Froot Loops
 Cinnamon Toast Crunch™

Cereal is served with string cheese or toast

Lunch entrées are listed in bold

Side items are in italic type

MERKEL ISD HIGH SCHOOL 2019-2020

BREAKFAST

Students \$1.60
 Reduced 30¢
 Faculty/Staff \$2.00
 Adult Guests \$2.50

LUNCH

Students \$2.65
 Reduced 40¢
 Faculty/Staff \$3.50
 Adult Guests \$4.00

À la Carte item prices are posted at the schools.

This institution is an equal opportunity provider.

MADE-TO-ORDER

MORE CHOICES EVERYDAY
 FEATURED CUISINE ROTATES THROUGHOUT THE WEEK

EXTRAS

Extra Entrée \$2.25
 Fresh Fruit/Veggies \$1.50
 Chips (assorted) \$1.00
 Cereal Bars (assorted) 75¢
 Pop Tarts (assorted) 75¢
 Chee-Mix/Goldfish (assorted) 75¢
 Rice Krispies (variety) 75¢
 Cookie Variety (assorted) 50¢
 Brownie Cookie 75¢
 Parfait (assorted) \$1.50
 Ice Cream \$1.25
 Bottled Water \$1.00
 Capri Sun (assorted) \$1.00

Items are à la carte and may be purchased in addition to a cafeteria lunch or a lunch from home. You may also send restrictions for your student. "Extras" may be purchased with cash or your account. They may NOT be charged.



call our office
 325-928-5813 x.1108
 for more information
 or to set an appointment

ARAMARK IS HIRING

ALL FOOD SERVICE POSITIONS!
 Benefits include working a school schedule, holidays off, full-time/part-time available.