

COLUSA HIGH SCHOOL



November 2023 Menu

Items in Red = Scratch Made In Kitchen

All students eat free!

One breakfast and one lunch per day

Second Breakfast Price: \$1.75

Second Lunch Price: 3.35

Adult Breakfast Price: \$4.00

Adult Lunch Price: \$5.75

Menu subject to change.

Everyday Lunch Options





Outside Window Only
Peanut Butter & Jelly
&
Sports Box

Inside Window Only

Spicy Whole
Muscle Chicken
Sandwich

Everyday Breakfast Options Menu Items Inside or: Outside Window

Muffins (Banana, Blueberry,
Chocolate, & Chocolate Chip)
Pastries (Bagel, Breakfast bun,
Brownie, Buttermilk Bar, &
Crumb Cake) Other: Fruit Parfait

Monday, October 30, 2023	Tuesday, October 31, 2023	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023	Window
Roasted Potatoes & Turkey w/ Tortilla Breakfast Pizza	Pillsbury Biscuit & Bacon EggStravaganza Breakfast Pizza	Breakfast Tornado Breakfast Pizza	Pancakes & Hashbrown Breakfast Pizza	Breakfast Quesadilla Breakfast Pizza	Inside Inside
Macaroni & Cheese & Spicy Chicken Wing French Bread Pizza Meat Free Salad	Crispy Chicken Sandwich with Fries Deli Sandwich Meat Free Salad	Tamale Pie & Fruit Sorbet Cheeseburger Meat Free Salad	Deli Sandwich Bar Galaxy Cheese Pizza Meat Free Salad	Jambalaya & Brownie Cheeseburger Meat Free Salad	Inside Outside Outside
Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023	Window
Blueberry Bagel & Cream Cheese Breakfast Pizza	Chilaquiles with Eggs Breakfast Pizza	Bridgford Biscuit & Pork Sausage Patty Breakfast Pizza	Cooks Choice Breakfast Pizza	 <p>No School</p>	Inside Inside
Chicken Nuggets & Spicy Curly Fries Big Daddy's Cheese Pizza Chef Salad	Philly Cheesesteak & Waffle Fries Deli Sandwich Chef Salad	Chile Cheese Tamale & Beans Cheeseburger Chef Salad	Cooks Choice & a Patriotic Cookie Cooks Choice Chef Salad		Inside Outside Outside
Monday, November 13, 2023	Tuesday, November 14, 2023	Wednesday, November 15, 2023	Thursday, November 16, 2023	Friday, November 17, 2023	Window
Ardella's Breakfast Chorizo & Cheese Bolillo Breakfast Pizza	Overnight Oats with Berries Breakfast Pizza	Cooks Choice Breakfast Pizza	Waffles & Turkey Bacon Breakfast Pizza	Croissant Sandwich, Egg & Cheese Breakfast Pizza	Inside Inside
Corn Dog & Tater Tots French Bread Pizza Spicy Chicken Green Salad	BBQ Pork Sandwich Deli Sandwich Spicy Chicken Green Salad	Chicken Taquito & Cilantro Lime Rice Cheeseburger Spicy Chicken Green Salad	Nachos Bar & Spanish Rice Galaxy Cheese Pizza Spicy Chicken Green Salad	Turkey Dinner Bowl & Dinner Roll Cheeseburger Spicy Chicken Green Salad	Inside Outside Outside
Monday, November 20, 2023	Tuesday, November 21, 2023	Wednesday, November 22, 2023	Thursday, November 23, 2023	Friday, November 24, 2023	Window
Pancake Sausage on a Stick Breakfast Pizza	Cooks Choice Cooks Choice	<p>No School</p> <p>Thanksgiving Break</p> 	<p>No School</p> 	<p>No School</p> <p>Thanksgiving Break</p> 	Inside Inside
Chicken Strips & Brookie French Bread Pizza Mixed Salad	Cooks Choice Cooks Choice Mixed Salad				Inside Outside Outside
Monday, November 27, 2023	Tuesday, November 28, 2023	Wednesday, November 29, 2023	Thursday, November 30, 2023	Friday, December 1, 2023	Window
Breakfast Pastry Breakfast Pizza	Homemade French Toast Casserole Breakfast Pizza	Cooks Choice Breakfast Pizza	Cheesy Potato Breakfast Bake & English Muffin Breakfast Pizza	Cinnamon Roll Breakfast Pizza	Inside Inside
Bacon Wrapped Hot Dog French Bread Pizza Cobb Salad	Turkey Bacon Western Burger Deli Sandwich Cobb Salad	Verde Pork Quesadilla & Pico de Gallo Cheeseburger Cobb Salad	Baked Potato Bar & Texas Toast Galaxy Cheese Pizza Cobb Salad	Mandarin Orange Chicken & Rice Cheeseburger Cobb Salad	Inside Outside Outside

Daily Fruit & Vegetable Options Breakfast: Fresh apples, applesauce, citrus fruit, frozen fruit cup, raisins/craisins, bananas, 100% fruit juice & canned fruit **Condiments:** ranch, Italian, mayonnaise, mustard, ketchup, relish, taco sauce, hot sauce, & bbq sauce
LUNCH EVERYDAY: Baby carrots, celery, cucumbers, dark leafy greens, garbanzo beans, green pes, & kidney beans **MONDAY:** Melons/kiwis, broccoli, cherry tomatoes, black beans, cauliflower, corn, & tossed green ranch salad
TUESDAY: Stone fruit/Persimmon, romaine lettuce, tomato slices, black beans, pepperoncini, onions, pickles, jalapenos, & coleslaw/broccoli slaw **WEDNESDAY:** Berries/grapes, cilantro, salsa, pinto beans, sour cream, radishes, & elote (corn) salad
THURSDAY: Bananas/grapes, romaine lettuce, bell peppers, pinto beans, olives, corn/jicama, & Caesar salad **FRIDAY:** Assortment of fruit, mixed salad, & bean mix



LOCAL BEEF FROM STEGALL CATTLE COMPANY IN THE FOLLOWING ITEMS:

- ALL BURGERS (HAND PRESSED)
- PHILLY CHEESESTEAK
- TURKEY BACON WESTERN BURGER

THIS SCHOOL YEAR WE ARE FOCUSING ON IMPLEMENTING MORE SCRATCH COOKING AND INCORPORATING LOCAL PRODUCTS.
WE WISH TO PROVIDE YOUR CHILDREN WITH RAW PROTEINS, WHOLE GRAINS, AND FRESH FRUITS AND VEGETABLES THAT

CREATE NUTRITIOUS AND DELICIOUS MEALS.



This institute is an equal opportunity provider.