# November 2019 MTS Secondary 9-12 Pizza Friday Menu

**Week 1**

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday, October 28, 2019</th>
<th>Tuesday, October 29, 2019</th>
<th>Wednesday, October 30, 2019</th>
<th>Thursday, October 31, 2019</th>
<th>Friday, November 1, 2019</th>
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</thead>
<tbody>
<tr>
<td><strong>Hot Lunch</strong></td>
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<tr>
<td></td>
<td>Grilled Chicken Power Salad</td>
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<tr>
<td><strong>Cold Lunch</strong></td>
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<tr>
<td></td>
<td>Cheese Sandwich</td>
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<tr>
<td><strong>Veg Cold Lunch</strong></td>
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<tr>
<td></td>
<td>Grilled Chicken Caesar or Veg Caesar Salad</td>
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<tr>
<td><strong>Deli Salad</strong></td>
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<tr>
<td></td>
<td>Grilled Asian Chicken Salad or Veg Asian Salad</td>
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**Week 2**

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday, November 4, 2019</th>
<th>Tuesday, November 5, 2019</th>
<th>Wednesday, November 6, 2019</th>
<th>Thursday, November 7, 2019</th>
<th>Friday, November 8, 2019</th>
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</thead>
<tbody>
<tr>
<td><strong>Hot Lunch</strong></td>
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<td></td>
<td>Korean BBQ</td>
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<td></td>
<td>Steamed Seasoned Rice</td>
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<td></td>
<td>Corn Crunch Salad</td>
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<td></td>
<td>Fruit of the Day</td>
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<tr>
<td><strong>Cold Lunch</strong></td>
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<tr>
<td></td>
<td>Cheese Sandwich</td>
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<td><strong>Veg Cold Lunch</strong></td>
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<td></td>
<td>Grilled Chicken Caesar or Veg Caesar Salad</td>
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<td></td>
<td>Grilled Asian Chicken Salad or Veg Asian Salad</td>
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**Week 3**

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday, November 11, 2019</th>
<th>Tuesday, November 12, 2019</th>
<th>Wednesday, November 13, 2019</th>
<th>Thursday, November 14, 2019</th>
<th>Friday, November 15, 2019</th>
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<tbody>
<tr>
<td><strong>Hot Lunch</strong></td>
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<td></td>
<td>General Tso’s Chicken</td>
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<td></td>
<td>Steamed Rice</td>
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<td></td>
<td>Asian Marinated Carrot Salad</td>
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<td>Fruit of the Day</td>
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<td><strong>Cold Lunch</strong></td>
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<tr>
<td></td>
<td>Turkey &amp; Provolone on Wheat Bread</td>
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<tr>
<td><strong>Veg Cold Lunch</strong></td>
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<tr>
<td></td>
<td>Grilled Chicken Caesar or Veg Caesar Salad</td>
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<td><strong>Deli Salad</strong></td>
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<tr>
<td></td>
<td>Grilled Southwest Chicken or Veg Taco Salad</td>
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**Week 4**

<table>
<thead>
<tr>
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<th>Monday, November 18, 2019</th>
<th>Tuesday, November 19, 2019</th>
<th>Wednesday, November 20, 2019</th>
<th>Thursday, November 21, 2019</th>
<th>Friday, November 22, 2019</th>
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<tbody>
<tr>
<td><strong>Hot Lunch</strong></td>
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<td></td>
<td>Sloppy Joe</td>
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<td></td>
<td>Wg Bun</td>
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<td></td>
<td>Cool Ranch Doritos</td>
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<td></td>
<td>Baked Beans &amp; Carrot Slms w/Dip</td>
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<td></td>
<td>Fruit of the Day</td>
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<td><strong>Cold Lunch</strong></td>
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<tr>
<td></td>
<td>Turkey &amp; Provolone on Wheat Bread</td>
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<td><strong>Veg Cold Lunch</strong></td>
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<td>Grilled Southwest Chicken or Veg Taco Salad</td>
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**Week 5**

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<th>Monday, November 25, 2019</th>
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<th>Wednesday, November 27, 2019</th>
<th>Thursday, November 28, 2019</th>
<th>Friday, November 29, 2019</th>
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<tbody>
<tr>
<td><strong>Hot Lunch</strong></td>
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<tr>
<td></td>
<td>Breaded Chicken &amp; Cheese Sandwich</td>
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<tr>
<td></td>
<td>Wg Bun, Ketchup, Mayo &amp; Pickles</td>
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<td></td>
<td>Harvest Cheddar Sun Chips</td>
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<td></td>
<td>Baby Carrots &amp; Dip</td>
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<td>Fruit of the Day</td>
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*Smur and 1% milk choices offered daily.

All Bread/Chips/Tortillas listed in this menu are whole-grain products.