



**NOVEMBER MENU 2023**  
**SALEM COUNTY**  
**VO-TECH**



**Breakfast Offered Daily. WGR Cereals, Muffins, Bagels, Fruit, and Milk**

| MONDAY  | TUESDAY  | 1 WEDNESDAY  | 2 THURSDAY  | 3 FRIDAY  |
|---|--|--|---|---|
|   |  | HOT DOG <b>OR</b><br>CHIPOTLE CHICKEN WRAP<br>CORN<br>FRENCH FRIES     | CHEESE PIZZA <b>OR</b><br>TUNA SALAD SANDWICH<br>SIDE SALAD | SLOPPY JOE <b>OR</b><br>CHICKEN CAESAR WRAP<br>BROCCOLI                 |
| 6   | 7  | 8  | 9   | 10  |
| CHICKEN NUGGETS W/<br>DIPPING SAUCE <b>OR</b><br>HAM + CHEESE WRAP<br>GREEN BEANS<br>FRENCH FRIES | PIZZA <b>OR</b><br>BUFFALO CHICKEN WRAP<br>CARROTS                           | <b>½ DAY<br/>NO<br/>LUNCH</b>  | <b>NO<br/>SCHOOL</b>  | <b>NO<br/>SCHOOL</b>  |
| 13  | 14   | 15   | 16  | 17  |
| CHICKEN PATTY SANDWICH <b>OR</b><br>HAM + CHEESE WRAP<br>LETTUCE + TOMATO<br>GREEN BEANS          | PASTA W/ MEAT SAUCE <b>OR</b><br>AMERICAN HOAGIE<br>GARLIC STICK<br>CARROTS  | CHEESEBURGER <b>OR</b><br>TURKEY + CHEESE HOAGIE<br>HOME FRIES<br>CORN | CHEESE PIZZA <b>OR</b><br>TUNA SALAD SANDWICH<br>SIDE SALAD | GENERAL TSO'S CHICKEN <b>OR</b><br>BBQ CHICKEN WRAP<br>RICE<br>BROCCOLI |
| 20  | 21   | 22   | 23  | 24  |
| CHEESESTEAK SANDWICH <b>OR</b><br>HAM + CHEESE WRAP<br>CORN<br>LETTUCE + TOMATO                   | MEATBALL SANDWICH <b>OR</b><br>CHEESEBURGER WRAP<br>CARROTS                  | <b>½ DAY<br/>NO<br/>LUNCH</b>  | <b>NO<br/>SCHOOL</b>  | <b>NO<br/>SCHOOL</b>  |
| 27  | 28   | 29   | 30  |   |
| CHICKEN TENDERS <b>OR</b><br>HAM + CHEESE WRAP<br>DINNER ROLL<br>CORN                             | CHEESEBURGER SUB <b>OR</b><br>AMERICAN HOAGIE<br>FRENCH FRIES<br>GREEN BEANS | BBQ PULLED PORK SANDWICH <b>OR</b><br>CHEESESTEAK WRAP<br>CARROTS      | CHEESE PIZZA <b>OR</b><br>TUNA SALAD SANDWICH<br>SIDE SALAD |   |

**ALTERNATIVE MAIN ENTREES: CHOOSE ONE IN PLACE OF THE MAIN ENTRÉE:  
 COLD SALAD PLATTER OR PB + J SANDWICH**

**DON'T FORGET YOUR FRUIT + VEGGIES!!  
 CHOICE OF FRESH OR CHILLED FRUIT**

**WE OFFER 1% WHITE OR  
 FAT FREE CHOCOLATE**

**LUNCH INCLUDES: 1-2 FRUIT, 1-2 VEGETABLE, MILK, PROTEIN, + GRAIN**



**MENU SUBJECT TO CHANGE**

