



# Hill-Murray Pioneers Lunch Menu



**November  
2009**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> \$3.50 Oven Roasted Chicken Legs Potato & Vegetable \$3.50 French Dip Baby Reds Alternative Selection \$2.00 Grilled Cheese	<b>3</b> \$3.50 Made to Order Burrito \$2.00 Thai Chicken Pizza Alternative Selection \$2.50 Wisconsin Burger	<b>4</b> \$3.50 Sweet & Sour Pork Brown Rice \$3.50 Spinach Lasagna Roll Up Garlic Toast Alternative Selection \$2.00 Egg Roll	<b>5</b> \$3.50 Italian Dunkers Winter Squash \$2.00 Italian Sausage & Gorgonzola Pizza Alternative Selection \$2.50 Bacon Cheeseburger	<b>6</b> \$3.50 Cheese Quesadilla Mexican Rice \$3.50 Spaghetti with Meat Sauce Breadstick Alternative Selection \$2.25 Chicken O's
<b>9</b> \$3.50 New York Deli Tilapia Tacos with Dueling Salsas Alternative Selection \$2.75 Mozzarella Sticks	<b>10</b> \$3.50 Gourmet BLT \$2.00 Southwestern Pizza Alternative Selection \$2.00 Gilled Chicken	<b>11 VETERANS DAY</b> \$3.50 Turkey Tetrazzini \$3.50 Monti Cristo Alternative Selection \$2.75 Chicken Tenders	<b>12</b> 11:00 Dismissal Conferences	<b>13</b> Noon Dismissal Conferences
<b>16</b> \$3.50 Beef Teriyaki Mostaccioli with Italian Sausage Breadstick Alternative Selection \$2.25 Chicken Nuggets	<b>17</b> \$3.50 Taco Salad \$2.00 BBQ Chicken Pizza Alternative Selection \$2.00 HM Cheese Bread	<b>18</b> \$3.50 Miami Frita with Shoestring Fries \$3.50 Chicken Caesar Salad with Grilled Flatbread Alternative Selection \$2.50 Pizza Burger	<b>19</b> \$3.50 FOOTERS Chips \$2.00 Hawaiian Pizza Alternative Selection \$2.00 French Toast Sticks	<b>20</b> \$3.50 Spicy Orange Chicken White Rice \$3.50 Italian Panini Pear Crisp Alternative Selection \$2.00 Egg Roll
<b>23</b> \$3.50 Chicken Pot Pie \$3.50 Buffalo Chicken Wrap Alternative Selection \$2.75 Steak Burger	<b>24</b> \$3.50 Soft Shell Tacos Churro \$2.00 Meat Lovers Pizza Alternative Selection \$2.75 Ham & Cheese Croissant	<b>25</b> NO SCHOOL	<b>26 HAPPY THANKSGIVING DAY</b> 	<b>27</b> <b>No School</b>
<b>30</b>				

- Prepared From Scratch
- Contains Pork
- Vegetarian Entrée
- Harvest of the Month



**Thanksgiving Calories**  
 The average American eats around 4,500 calories on Thanksgiving Day, according to the Calorie Control Council. That's around 2.5 pounds of food. The average person also packs in about 229 grams of fat on Turkey day, as well.

One of the best ways to lower fat and calorie intake is to take smaller portions and eat in moderation. Also, be sure to drink plenty of water to stay hydrated.

Menus subject to change without notice.

Milk Choice of 1%, Skim and 1% Chocolate

**ALL ENTREES INCLUDE MILK. TRIP TO THE FOOD BAR ADDED TO ANY MENU FEATURED ITEM ONLY \$1.00 EXTRA!**

To check the balance in your account or for additional information, contact:  
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