

NOVEMBER 2022

Secondary

Meal Prices
Students Free
Adults 4:05

Monday

Tuesday

Wednesday

Thursday

Friday

General Tso's Chicken 1
Steamed Rice,
Steamed Broccoli
Fresh Fruit and Veggies
Choice of Milk

Meatball Hoagie 2
French Fries
Green Beans
Fresh Fruit and Veggies
Choice of Milk

Creamed Turkey and Biscuits 3
Mashed Potatoes w/gravy
Green Beans, Fresh Fruit
Choice of Milk

BBQ Chicken Quesadilla 4
Salsa, Sour Cream
Tortilla Soup
Fresh Fruit and Veggies,
Choice of Milk

Baked Italian Hoagie 7
French Fries, Green Beans
Fresh Fruit and Veggies
Choice of Milk

No School 8


Bacon Cheeseburger 9
French Fries
Fresh Fruit and Veggies
Choice of Milk

Tyson Popcorn Chicken 10
Soft Pretzel with cheese
Fresh Fruit and Veggies
Choice of Milk

No School 11


Chicken Patty 14
Curly Fries
Baked Beans
Choice of Fruit and Veggies
Choice of Milk

General Tso's Chicken 15
Steamed Rice,
Steamed Broccoli
Fresh Fruit and Veggies
Choice of Milk

BBQ Pulled Pork 16
Dinner Roll
Mixed Fruit
Choice of Veggies
Choice of Milk

Thanksgiving Lunch 17
Turkey, Stuffing,
Mashed Potatoes/Roll
Steamed Corn
Choice of Milk and Juice

Nacho Grande 18
(Meat, Cheese and Salsa)
Refried Beans/ Steamed Corn
Apple Slices
Choice of Milk

Mustang Cheeseburger 21
French Fries
Fresh Fruit and Veggies
Choice of Milk

Orange Chicken 22
Steamed Rice
Steamed Broccoli
Fresh Fruit and Veggies
Choice of Milk

No School 23
Parent/Teacher Conferences
8:00 AM-11:30 AM

No School 24


No School 25


No School 28
Parent/Teacher Conferences
2:00-4:00
6:00-8:00

General Tso's Chicken 29
Steamed Rice,
Steamed Broccoli
Fresh Fruit and Veggies
Choice of Milk

Chicken Sandwich 30
French Fries
Fresh Fruit and Veggies
Choice of Milk

High School Daily Lunch Meal Minimum Requirements
Meat/Meat Alternate—2 oz. Vegetables—1 cup Fruits—1 cup
Grains—2 oz. Milk—1 cup

We are currently hiring substitutes for all positions including: teaching, aides, secretaries, café, custodial, and maintenance departments. Contact Kim Pegg at 724-437-2821 or visit us online at www.lhsd.org.

Laurel Highlands School District is an E.O.E.

Middle School Daily Lunch Meal Minimum Requirements

Meat/Meat Alternate—1 oz. Vegetables—3/4 cup
Fruits—1/2 cup Grains—1 oz. Milk—1 cup

