

# Minnesota Valley Lutheran High School

## Lunch Menu

### November 2022

<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Hamburgers Baked beans Pears, Salad Fresh Vegetables	Conferences No Lunch	Conferences No Lunch	Hot Dog or Chili Dog Apple Crisp Peas Salad, Carrots Peaches	Sloppy Joes Snack Chips Broccoli Mixed Fruit Salad
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Popcorn Chicken Mashed Potatoes Corn, Bread Slice Lettuce Peaches	Corn Dogs, Wedges, Peas, Fruit Fluff & raisins Salad, Carrots	Veterans Day Program Mr. Rib Broccoli Fruit Cup Snack Chips Cole Slaw	Beef Haystax Refried Beans Corn Chips, Pears Salad Carrots	Pulled Pork Green Beans Curly Fries Side Kicks Coleslaw
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Pizza Green Beans, Fruit Fluff Salad Carrots, Celery	Linguini and Ham Bread Slices Peas, Raisins Pears, Salad & Carrots	Turkey & Gravy Mashed Potatoes Corn Bread Slices Cranberries Broccoli Salad	Chicken Fajitas Rice, Black Beans Peaches Lettuce Carrots & Celery	Hamburger & Rice Hotdish Peas, Bread Slice Lettuce Fruit
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Quesadilla Rice Refried Beans & Corn Lettuce, Carrots Fruit Cup	Chicken Legs Au Gratin Potatoes Green Beans, Bread Slice, Side Kicks Salad Celery	No School	Thanksgiving	Break
<b>28</b>	<b>29</b>	<b>30</b>		
Meatballs and Gravy Mashed Potatoes Green Beans, Bread Slice Peaches, Salad & Veggies	Tater Tot Dish Corn, Bread Slice Pears, Raisins Salad and Carrots	Sweet & Sour Chicken Rice, Stir Fry Veggies, Pineapple, Raisins Salad	Menu Subject to Change	Salad Bar Available order at MVL.org  Milk Included With Each Meal

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