

LIZA JACKSON PREPARATORY SCHOOL

LUNCH MENU NOVEMBER 2023



1

LUNCH
Cheesy Macaroni
BBQ Pulled Pork
Deli Sandwich
Entrée Salad
Vegetable Choice
Fresh Fruit & Garden
Bar
MILK CHOICE

2

LUNCH
Spaghetti & House
made Meat Sauce
Crispy Chicken
Sandwich
Deli Sandwich
Entrée Salad
Vegetable Choice
Fresh Fruit & Garden
Bar
MILK CHOICE

3

LUNCH
Fresh Baked Pizza
Deli Sandwich
Entrée Salad
Vegetable Choice
Fresh Fruit & Garden
Bar
MILK CHOICE

6

LUNCH
Crispy Popcorn Chicken
with Roll
Grilled Cheese Sandwich
Deli Sandwich
Entrée Salad
Vegetable Choice
Fresh Fruit & Garden
Bar
MILK CHOICE

7

LUNCH
Nachos Supreme
Chicken Quesadilla
Deli Sandwich
Entrée Salad
Vegetable Choice
Fresh Fruit & Garden
Bar
MILK CHOICE

8

LUNCH
Philly-Style
Cheesesteak
Juicy Hamburger
Deli Sandwich
Entrée Salad
Vegetable Choice
Fresh Fruit & Garden
Bar
MILK CHOICE

9

LUNCH
Mozzarella Breadsticks
Crispy Chicken
Sandwich
Deli Sandwich
Entrée Salad
Vegetable Choice
Fresh Fruit & Garden
Bar
MINECRAFT DIRT
PUDDING CUPS

10

VETERANS
DAY
NO
SCHOOL

13

LUNCH
BREAKFAST FOR LUNCH
French Toast with
Sausage
Grilled Cheese Sandwich
Deli Sandwich
Entrée Salad
Vegetable Choice
Fresh Fruit & Garden
Bar
MILK CHOICE

14

LUNCH
OVEN ROASTED TURKEY
MASHED POTATOES
WITH GRAVY
CORN BREAD STUFFING
GREEN BEAN
CASSEROLE
CRANBERRY SAUCE
FRESH BAKED COOKIES
MILK CHOICE

15

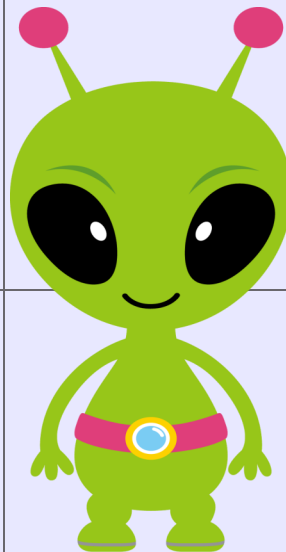
LUNCH
Teriyaki Chicken Rice
Bowl
BBQ Pulled Pork
Deli Sandwich
Entrée Salad
Vegetable Choice
Fresh Fruit & Garden
Bar
MILK CHOICE

16

LUNCH
Beef Tot'chos
Crispy Chicken
Sandwich
Deli Sandwich
Entrée Salad
Vegetable Choice
Fresh Fruit & Garden
Bar
MILK CHOICE

17

EARLY RELEASE-
LUNCH
Tony's Pizza
Assorted
Sandwiches
100% Juice Cup
Fresh Fruit
Fresh Vegetables
MILK CHOICE



27

LUNCH
Crispy Chicken &
Waffles
Grilled Cheese Sandwich
Deli Sandwich
Entrée Salad
Vegetable Choice
Fresh Fruit & Garden
Bar
MILK CHOICE

28

LUNCH
Chili Fritos
Juicy Grilled Hot Dog
Deli Sandwich
Entrée Salad
Vegetable Choice
Fresh Fruit & Garden
Bar
MILK CHOICE

29

LUNCH
Philly-Style
Cheesesteak
BBQ Pulled Pork
Deli Sandwich
Entrée Salad
Vegetable Choice
Fresh Fruit & Garden
Bar
MILK CHOICE

30

Spaghetti & House
made Meat Sauce
Crispy Chicken
Sandwich
Deli Sandwich
Entrée Salad
Vegetable Choice
Fresh Fruit & Garden
Bar
MILK CHOICE

A Variety of Fruit and Vegetable Choices available Daily

SODEXO AND LJPS ARE EQUAL OPPORTUNITY EMPLOYERS

Milk Choices: Fat-Free Chocolate and 1 % Plain