

October 2017

High School Menu

LUNCH

Breakfast Menu

Monday: Mini Pancake Wraps or Muffin & Grahams
Tuesday: Breakfast Pizza or Pop Tart & Grahams
Wednesday: Egg Bacon Croissant or Waffles/Pancakes
Thursday: Sausage Biscuit or Cinnamon Roll
Friday: Chicken Biscuit or Breakfast Bar



Available Daily

A variety of skim and 1% milk

Lunch: Chef Salad, Chicken Salad
Mondays & Fridays – Chicken Sandwich, **Tuesdays** – Ham Sandwich,
Wednesdays - Cheeseburgers, **Thursdays** – Turkey Sandwiches



Monday

Tuesday

Wednesday

Thursday

Friday

Corn Dog
 Baked Beans
 French Fries
 Fruit Cup
 Fresh Fruit

2

Chili Cheese Nachos
 Baby Carrots
 Steamed Corn
 Fruit Cup
 Fresh Fruit

3

Italian Sub Sandwich
 California Blend
 Fresh Veggie Cup
 Doritos®
 Fruit Cup
 Fresh Fruit

4

Hamburger Steak w/Gravy
 & Honey Wheat Roll
 Turnip Greens
 Mashed Potatoes
 Fruit Cup
 Fresh Fruit

5

**Professional Development Day
 No School**

6

**Columbus Day
 No School**

9

Hot Dog w/Chili & Slaw
 Baby Carrots
 Baked Beans
 Doritos®
 Fruit cup
 Fresh Fruit

10

Philly Cheesesteak
 Lima Beans
 Fresh Veggie Cup
 Fruit Cup
 Fresh Fruit

11

Chicken Fajita w/Salsa &
 Sour Cream
 Steamed Corn
 Sweet Potato Puffs
 Fruit Cup
 Fresh Fruit

12

Deep Dish Pizza
 Spinach Salad
 Green Beans
 Fruit Cup
 Fresh Fruit

13

Cheeseburger
 Lettuce & Tomato
 Steamed Corn
 Fresh Veggie Cup
 Fruit Cup
 Fresh Fruit

16

BBQ Pork Sandwich
 Lettuce & Pickles
 Garden Salad
 Baked Beans
 Fruit Cup
 Fresh Fruit

17

Popcorn Chicken
 w/Roasted Chicken Rice
 Baby Carrots
 Green Peas
 Fruit Cup
 Fresh Fruit

18

Steak Fingers w/Breadstick
 Steamed Broccoli
 Scalloped Potatoes
 Fruit Cup
 Fresh Fruit

19

Pizza
 Spinach Salad
 Green Beans
 Fruit Cup
 Fresh Fruit

20

Corn Dog Nuggets
 Cole Slaw
 Sweet Potato Puffs
 Fruit Cup
 Fresh Fruit

23

Catfish Strips
 Macaroni & Cheese
 Turnip Greens
 Fresh Veggie Cup
 Fruit Cup
 Fresh Fruit

24

Meatball Sub Sandwich
 Garden Salad
 California Blend
 Fruit Cup
 Fresh Fruit

25

Country Fried Pork Steak
 Honey Wheat Roll
 Green Beans
 Mashed Potatoes
 Fruit Cup
 Fresh Fruit

26

Chicken Filet Sandwich
 Lettuce & Pickles
 Baby Carrots
 Baked Beans
 Fruit Cup
 Fresh Fruit

27

Hot Dog w/Chili & Slaw
 Baby Carrots
 Green Beans
 Doritos®
 Fruit Cup
 Fresh Fruit

30

Beef Taco w/Lettuce,
 Tomato & Sour Cream
 Black Bean Salsa
 Steamed Corn
 Fruit Cup
 Fresh Fruit

31

