

# October 2017 High School LUNCH

Monday, October 2	Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
Meatloaf-7 w/ *Roll-29 Cheese Pizza-34 Hot Dog on *Bun-30 6 *Chicken Rings-17 w/ *Roll-29 Mashed Potatoes-14 Steamed Broccoli-5 Crinkle Cut Fries-14 Local Fresh Apple-17 Sliced Pears-15	*Taco Salad-35 *Cheese Quesadilla-30 *Pepperoni Pizza-34 6 Chicken Nuggets-16 w/ *Roll-29 Chicken Caesar Salad-21 w/ *Roll-29 Fiesta Beans-20, Corn-16 Salsa-3, Sour Cream-2, Lettuce-3, Tomato-3 ,Cheese-1 Straight Cut Fries-19 Fresh Nectarine-15 Pineapple Tidbits-19	*Sloppy Joe Sandwich-37 *Corn Dog-30 Stuffed Crust Pizza-34 6 *Chicken Rings-17 w/ *Breadstick-17 Garden Salad,Cheese-18,*Breadsticks-36 Peas-11 Baked Sweet Potato-12 w/toping-11 Potato Wedges-18 Fresh Banana-27 Fruit Cocktail-15	Spaghetti-29 *Cheese Pizza-34 6 Chicken Nuggets-16 w/ *Roll-29 Chicken Garden Salad-27 w/ *Roll-29 Caesar side Salad-8 Mixed Veggies-4 Tater Tots-14 Fresh Watermelon Slices-7 Applesauce-14	*Chicken Fillet Sandwich-42 *Stuffed Crust Pizza-34 6 Chicken Nuggets-16 w/ *Roll-29 Crinkle Cut Fries-14 Glazed Carrots-19 Local Fresh Apple-17 Sliced Peaches-14
Monday, October 9	Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
*BBQ Sandwich-43 *Popcorn Chicken-9 w/ *Breadstick-18 *Cheese Stuffed Sticks-30 w/ Marinara Creamy Cole Slaw-5 Baked Beans-27 Tater Tots-14 Fresh Cantaloupe Fruit Cocktail-15 Apple Crisp	*Orange Chicken-25 w/*Rice-6 *Cheeseburger-30 *Pepperoni Pizza-34 6 Chicken Nuggets-16 w/ *Roll-29 Chicken Caesar Salad-21 w/ *Roll-29 Steamed Broccoli-5 Glazed Carrots-19 Crinkle Cut Fries-14 Tomato-3 & Lettuce-3 Local Fresh Apple-17 Mandarin Oranges-17	*Turkey & Cheese Sub-35 *Chicken Fillet Sandwich-42 *Cheese Pizza-34 6 *Chicken Rings-17 w/ *Breadstick-17 Garden Salad,Cheese-18,*Breadsticks-36 Mixed Veggies-4 Straight Cut Fries-19 Tomato-3 & Lettuce-3 Fresh Nectarine-15 Pineapple Tidbits-19	Baked Ziti-40 w/2 *Breadsticks-36 6 *Chicken Rings-17 w/ *Breadstick-18 *Stuffed Crust Pizza-34 6 Chicken Nuggets-16 w/ *Roll-29 Chef Garden Salad -15 w/ *Roll-29 Caesar side Salad-8 Fresh Cucumber Slices-4 Potato Wedges-18 Fresh Pear-23 Sliced Peaches-14	<b>WORKDAY</b>  <b>National School Lunch Week is October 9-13</b>
Monday, October 16	Tuesday, October 17	Wednesday, October 18	Thursday, October 19	Friday, October 20
<b>WORKDAY</b>	<b>WORKDAY</b>	<u>Breakfast for Lunch</u> Eggs, Sausage-1 or Chicken-7 Biscuit-28, Gravy-10 or *French Toast Sticks-38 *Club Sub- 36 *Stuffed Crust Pizza-34 6 *Chicken Rings-17 w/ *Breadstick-17 Garden Salad,Cheese-18,*Breadsticks-28 Sliced or Grape Tomatoes-8 Tater Tots-14 Fresh Pear-23 Spiced Apples-19	Chili Mac & Cheese-29 *Chicken Fillet Sandwich-42 *Pepperoni Pizza-34 6 Chicken Nuggets-16 w/ *Roll-29 Chicken Garden Salad-27 w/ *Roll-29 Garden Side Salad-5 Glazed Carrots-19 Crinkle Cut Fries-14 Fresh Banana-27 Sliced Pears-15	-Cook Out Day- *Cheeseburgers-30 & *Hot Dogs-30 *Stuffed Crust Pizza-34 6 *Chicken Rings-17 w/ *Breadstick-17 Baked Beans-27 Tater Tots-14 Tomatoes-3 & Lettuce-3 Fresh Grape Giggles-12 Fruit Cocktail-15
Monday, October 23	Tuesday, October 24	Wednesday, October 25	Thursday, October 26	Friday, October 27
Chicken Pot Pie-19 *Pepperoni Pizza-34 6 *Chicken Rings-17 w/ *Breadstick-17 w/ *Roll-29 Sweet Potato Crinkle Fries-19 Peas & Carrots-14 Tater Tots-14 Fresh Strawberries-7 Pineapple Tidbits-19	Teriyaki Chicken-14 w/*Noodles-26 *Cheeseburger-30 *Stuffed Crust Pizza-34 6 Chicken Nuggets-16 w/ *Roll-29 Chicken Caesar Salad-21 w/ *Roll-29 Stir Fry Veggies-5 Cauliflower-5 Crinkle Cut Fries-14 Tomatoes-3 & Lettuce-3 Fresh Pear-23 Sliced Peaches-14	Veggie Beef Soup-14 *Grilled Cheese-29 or *PB & J Sandwich-53 *Pepperoni Pizza-34 6 *Chicken Rings-17 w/ *Breadstick-17 Garden Salad,Cheese-18,*Breadsticks-36 Steamed Broccoli-5 Carrots-6 w/dip Straight Cut Fries-19 Local Fresh Apple-17 Fruit Cocktail-15	Mac & Cheese-25 w/ Grilled Franks Oven Roasted Chicken-3 *Stuffed Crust Pizza-34 6 Chicken Nuggets-16 w/ *Roll-29 Chef Garden Salad-15 w/ *Roll-29 Pinto Beans-18, Onions-1, Cabbage-5 & Tomatoes-3 Cornbread-25 Potato Wedges-18 Fresh Cantaloupe Cubes-10 Craisins-28	*Fish Fillet Sandwich-42 BBQ Dinner-17 w/ 3 Hushpuppies-22 *Pepperoni Pizza-43 6 Chicken Nuggets-16 w/ *Roll-29 Crinkle Cut Fries-14 Seasoned Green Beans-3 Creamy Cole Slaw-5 Fresh Banana-27 Sliced Pears-15
Monday, October 30	Tuesday, October 31	<b>Offered Daily: Milk Choices of 1%-14 or Fat Free Chocolate-20 Juice-14, Craisins/Raisins-29</b>	<b>*Notes items that are whole grain or contain whole grain. Numbers listed to the right of each item are total carbohydrates in grams.</b>	<b>This institution is an equal opportunity provider. Menu subject to change.</b>
-Breakfast for Lunch Day- Eggs, Sausage-1 or Chicken-7 Biscuit-28, Gravy-10 or *French Toast Sticks-38 *Cheese Stuffed Sticks-30 w/ Marinara *Popcorn Chicken-9 w/ *Breadstick-18 Sliced or Grape Tomatoes-8 Tater Tots-14 Fresh Watermelon Cubes-7 Spiced Apples-19	*Chicken Fajita -30 *Cheese Quesadilla-30 *Stuffed Crust Pizza-34 Chicken Caesar Salad-21 w/ *Roll-29 Onions-1, Peppers-1, Salsa-3, Sour Cream-2, Lettuce-3, Tomato-3, Cheese-1 Black Beans-20, Corn-16 Straight Cut Fries-19 Local Fresh Apple-17 Craisins-28			