

OCTOBER | 2021

HS Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

27	28	29	30	1 Mozzarella Cheese Sticks OR Cheesy Breadstick Steamed Broccoli Garden Salad Mandarin Oranges Fresh Fruit Milk
4 Chicken OR Cheese Quesadilla Salsa, Sour Cream Refried Beans Corn Diced Peaches Fresh Fruit Milk	5 Pulled Pork Sandwich Potato Wedges Baked Beans Celery with Dip Diced Pears Fresh Fruit Milk	6 Salisbury Steak with Breadstick Mashed Potatoes Garden Salad Pineapple Tidbits, Fresh Fruit Milk	7 Queso Chicken over Rice OR Beef Enchiladas Salsa, Sour Cream Black Beans Corn Carrots with Dip Applesauce, Fresh Fruit Milk	8 No School Golf -A -Thon
11 Chicken Patty Sandwich OR Pollo Loco Chicken Over Rice with Salsa Verde and Dinner Roll Seasoned Potatoes Baked Beans Diced Peaches, Frozen Sidekick Milk	12 Confetti Pancakes Egg Omelet, Sausage Salsa, Carrots with Dip Smile Fries Baked Apples Fresh Fruit Milk	13 Sliced Turkey with Gravy Breadstick Mashed Potatoes Glazed Carrots, Garden Salad Pineapple Tidbits Fresh Fruit Milk	14 Soft Tacos with Queso Refried Beans Corn Salsa, Sour Cream Applesauce Fresh Fruit Milk	15 Fish Sandwich OR Grilled Cheese with Tomato Soup Green Beans Broccoli with Dip Mandarin Oranges Fresh Fruit Milk
18 Cheese OR Pepperoni Pizza Green Beans Garden Salad Frozen Sidekick Diced Peaches Milk	19 Sweet Chili Meatball Rice Bowl OR Honey Sriracha Chicken Bowl with Dinner Roll Glazed Carrots Broccoli with Dip Mandarin Oranges Milk	20 Baked Ziti with Breadstick Steamed Broccoli Garden Salad Pineapple Tidbits Fresh Fruit Milk	21 Original Or Spicy Chicken Tenders Potato Wedges Baked Beans Veggie Boat Applesauce, Fresh Fruit Milk	22 French Toast Egg Omelet Veggie Boat Salsa Baked Apples Diced Pears Milk
25 Chicken OR Cheese Quesadilla Salsa, Sour Cream Refried Beans Corn Diced Peaches Fresh Fruit Milk	26, 4- OR 5-Way Chili Spaghetti Kidney Beans, Onions Shredded Cheese, Oyster Crackers Green Beans, Garden Salad Diced Pears Fresh Fruit Milk	27 2 Chicken Drumstick with Dinner Roll Mashed Potatoes Garden Salad Pineapple Tidbits Fresh Fruit Milk	28 Italian OR Buffalo Meatball Sub Sandwich Steamed Broccoli Glazed Carrots Applesauce Fresh Fruit Milk	29 Wild Mike's Cheese Bites OR Bean Burrito Bowl Steamed Broccoli Veggie Boat Mandarin Oranges Fresh Fruit Milk

Alternate Meal Options

Milk and choices of daily fruits and/or vegetables offered with all alternate meal options

- Hummus Grab n Go
-Hummus cup, Tostito's chips, and cheese stick
- Protein Pack
-Hardboiled egg (2), jungle cracker, and cheese stick
- Chef Salad
-Large salad with turkey or hardboiled egg, and goldfish (2)
- Layered Bean Dip
Layered bean dip and Tostito's chips
- Buffalo OR Plain Chicken Wrap
- Turkey OR Ham and Cheese Sandwich

Meat options not offered on Fridays
***Menu Subject to Change by Product Availability ***