

OCTOBER | 2022

High School Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Cheeseburger or Chicken Tenders Mac & Cheese Green Beans Garden Salad Peach Cup Frozen Sidekick Milk	4 Hot Honey BBQ or Buffalo Chicken Dip Baked Beans Celery with Dip Pear Cup Fresh Fruit Milk	5 Chicken Patty on Bun Salisbury Steak with Roll Mashed Potatoes Glazed Carrots Pineapple Tidbits Fresh Fruit Milk	6 Beef Enchiladas or Queso Chicken over Rice Salsa, Sour Cream Black Beans, Corn Mexican Salad Applesauce Cup Fresh Fruit Milk	7 Pizza Crunchers or Mini Cheese Calzones Marinara Sauce Steamed Broccoli Garden Salad Mandarin Oranges Fresh Fruit Milk
10 Chicken or Cheese Quesadilla Salsa, Sour Cream Green Beans Refried Beans Peach Cup Frozen Sidekick Milk	11 3-,4-, or 5-Way Chili Spaghetti Kidney Beans, Onions Shredded Cheese Oyster Crackers Green Beans, Salad Pear Cup Fresh Fruit Milk	12 Two Chicken Drumsticks Dinner Roll Mashed Potatoes Chicken Gravy Garden Salad Pineapple Tidbits Fresh Fruit Milk	13 Chicken or Beef Philly Sandwich Sautéed Peppers & Onions Potato Wedges Glazed Carrots Applesauce Cup Fresh Fruit Milk	14 <p style="text-align: center;">No Classes</p>
17 Chicken Patty Sandwich or Pollo Chicken over Rice Dinner Roll Seasoned Potatoes Baked Beans Peach Cup Fresh Fruit Milk	18 Pancakes, Cheese Omelet Sausage Patty Carrots/Celery with Dip Smile Fries Baked Apples Fresh Fruit Milk	19 Roast Beef w/Gravy Dinner Roll Mashed Potatoes Glazed Carrots Garden Salad Pineapple Tidbits Fresh Fruit Milk	20 Hot Dog or Cheese Coney Potato Wedges Veggie Boat Applesauce Cup Fresh Fruit Milk	21 Fish Sandwich or Cheesy Flatbread Mac & Cheese Cole Slaw Green Beans Mandarin Oranges Fresh Fruit Milk
24 Cheese or Pepperoni Pizza Corn Steamed Broccoli Peach Cup Fresh Fruit Milk	25 Sweet Chili Meatballs or Honey Sriracha Chicken Bowl Glazed Carrots Broccoli w Dip Pear Cup Fresh Fruit Milk	26 Baked Ziti Breadstick Green Beans Garden Salad Pineapple Tidbits Fresh Fruit Milk	27 Chicken Tenders Original or Spicy Mac & Cheese Baked Beans Veggie Boat Applesauce Cup Fresh Fruit Milk	28 Grilled Cheese or Mozzarella Cheese Sticks Tomato Soup Marinara Sauce Glaze Carrots Mandarin Oranges Fresh Fruit Milk
31 Cheeseburger or Chicken Tenders Mac & Cheese Green Beans Garden Salad Peach Cup Frozen Sidekick Milk	1 Hot Honey BBQ or Buffalo Chicken Dip Baked Beans Celery with Dip Pear Cup Fresh Fruit Milk	2 Chicken Patty on Bun Salisbury Steak with Roll Mashed Potatoes Glazed Carrots Pineapple Tidbits Fresh Fruit Milk	3 Beef Enchiladas or Queso Chicken over Rice Salsa, Sour Cream Black Beans, Corn Mexican Salad Applesauce Cup Fresh Fruit Milk	4 Pizza Crunchers or Mini Cheese Calzones Marinara Sauce Steamed Broccoli Garden Salad Mandarin Oranges Fresh Fruit Milk

News

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), cheese stick, goldfish, and pretzels

Chef Salad
 -Large salad with turkey or hardboiled egg, goldfish, and pretzels

Buffalo or Plain Chicken Wrap

Turkey or Ham and Cheese Sandwich

Meat options not offered on Fridays

Menu subject to change by product availability