

## October 2016 High School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Turkey & Cheese Sub <b>OR</b> Cheesy Breadsticks <b>OR</b> Hot & Spicy Chicken Sandwich Baked Potato Green Beans Mixed Fruit Fresh Local Apple	Baked Chicken Nuggets w/Breadstick <b>OR</b> Yogurt, Muffin & String Cheese <b>OR</b> Nachos Supreme Tossed Green Salad Seasoned Refried Beans Chilled Pears Banana	Salad w/Dinner Roll & Croutons <b>OR</b> Hot Ham & Cheese Sandwich <b>OR</b> Cheeseburger on a Bun Spicy Sweet Potato Fries Assorted Raw Vegetables Pineapple Tidbits Cantaloupe	Salad w/Dinner Roll & Croutons <b>OR</b> Chicken Patty on a Bun <b>OR</b> Meatball Sub Whole Kernel Corn Assorted Raw Vegetables Mandarin Oranges Seedless Grapes	Baked Fish on a Bun <b>OR</b> Baked Corn Dog <b>OR</b> Assorted Pizza Hut Pizza Whipped Potatoes Coleslaw Chilled Peaches Assorted Fresh Fruit
10	11	12	13	14
Hot & Spicy Chicken Sandwich <b>OR</b> PB&Jelly Uncrustable, String Cheese & Elf Grahams <b>OR</b> Turkey & Gravy w/Biscuit Broccoli & Cauliflower Whipped Potatoes Applesauce Seedless Grapes	Taco Salad Bar <b>OR</b> Baked Chicken Strips w/Breadstick <b>OR</b> Yogurt, Benefit Bar & String Cheese Fiesta Beans Carrot & Celery Sticks Chilled Pears Banana	Salad w/Dinner Roll & Croutons <b>OR</b> Chicken & Cheese Flatbread <b>OR</b> Cheeseburger on a Bun Baked French Fries Assorted Raw Vegetables Pineapple Tidbits Frozen Fruit Juice Cup	Parmesan Chicken on Pasta <b>OR</b> Ham & Cheese or Vegetable Sub <b>OR</b> BBQ Pork Rib on a Bun Tossed Green Salad California Blend Mandarin Oranges Assorted Fresh Fruit	<b>No School</b>
17	18	19	20	21
Pepperoni Stuffed Crust Pizza <b>OR</b> Hot & Spicy Chicken Sandwich <b>OR</b> Turkey & Cheese or Vegetable Sub Broccoli w/Cheese Sauce Baby Carrots Chilled Peaches Fresh Local Apple	Baked Chicken Nuggets w/Breadstick <b>OR</b> Yogurt, Muffin & String Cheese <b>OR</b> Soft Shell Tacos Seasoned Refried Beans Tossed Green Salad Applesauce Banana	Salad w/Dinner Roll & Croutons <b>OR</b> Baked Mini Corn Dogs <b>OR</b> Cheeseburger on a Bun Spicy Sweet Potato Fries Assorted Raw Vegetables Mandarin Oranges Seedless Grapes	Salad w/Dinner Roll & Croutons <b>OR</b> Cheeseburger Macaroni Casserole w/Breadstick <b>OR</b> Baked Chicken Patty on Bun Mixed Vegetables Assorted Raw Vegetables Pineapple Tidbits Fresh Pear	Baked Fish on a Bun <b>OR</b> Sweet Chili Chicken Flatbread <b>OR</b> Assorted Pizza Hut Pizza Whole Kernel Corn Cucumber Slices Chilled Pears Assorted Fresh Fruit
24	25	26	27	28
Club Sub <b>OR</b> Cheesy Breadsticks <b>OR</b> Chicken Teriyaki w/Rice Green Beans Carrot & Celery Sticks Pineapple Tidbits Fresh Local Apple	Nachos Supreme <b>OR</b> Philly Beef Sandwich <b>OR</b> Italian Chicken Breast on a Bun Fiesta Beans Assorted Raw Vegetables Applesauce Banana	Salad w/Dinner Roll & Croutons <b>OR</b> Chicken & Cheese Quesadilla <b>OR</b> Cheeseburger on a Bun Baked French Fries Assorted Raw Vegetables Chilled Peaches Fruit Sorbet	Baked Chicken Patty on a Bun <b>OR</b> Yogurt, Benefit Bar & String Cheese <b>OR</b> Italian Dunkers Tossed Green Salad California Blend Mixed Fruit Seedless Grapes	<b>No School</b>
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Chef Salad w/Turkey, Ham, & Cheese w/Dinner Roll & Croutons <b>OR</b> BBQ Pork Rib on a Bun <b>OR</b> Baked Mini Corn Dogs Mixed Vegetables Cucumber Slices Mandarin Oranges Seedless Grapes <b>Halloween</b>				