


STEELE HIGH SCHOOL

OCTOBER



<p><i>Lunch price of \$3.50 includes 5 components: Protein, Grain, Fruit, Vegetable &amp; Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i></p>	<p>1 Chicken quesadillas Fiesta rice and beans, WG tortilla Chips and Salsa Snickerdoodle cookie Salad Bar Fruit Bar Milk</p>	<p>2 Cherry blossom chicken Brown rice or lo mein noodles Sesame broccoli fortune cookies Salad bar Fruit bar Milk</p>	<p>3 Spaghetti with meatballs or Chicken Parmesan Italian green beans WG cheese bosco stick Salad bar Fruit bar Milk</p>	<p>4 Comet Patty Bar Spicy grilled or breaded chicken Comet Stars Toppings Bar Salad Bar Fruit Bar Milk</p>
<p>7 Two ultra grain Comet Chicken tender wraps Baked potato smiles Salad bar Fruit bar Milk</p>	<p>8 Beefy cheese nachos or Taco salad bar Snickerdoodle cookie Refried beans Salad Bar Fruit Bar Milk</p>	<p>9 Sweet Chili Thai chicken Brown rice or Lo Mein noodles Stir fry vegetables, Fortune cookies Salad bar Fruit bar Milk</p>	<p>10 Hot Italian sub sandwich or Italian toasted cheese Tomato basil soup w/spicy goldfish Spiral fries Salad bar Fruit bar Milk</p>	<p>11 </p>
<p>14 Chicken Chunks Mashed Potatoes, carrot coins Berry Crisp Eight Grain dinner roll Salad Bar Fruit Bar Milk</p>	<p>15 Chipotle chicken or beef Cilantro rice, black beans Corn, salsa and cheese Snickerdoodle cookie Salad bar Fruit bar Milk</p>	<p>16 Tangerine chicken Asian brown rice or Lo mein Noodles, fortune cookie Sesame broccoli Salad bar Fruit bar Milk</p>	<p>17 Fettuccine w/ Chicken Alfredo or Lasagna rolls Sugar snap peas WG dinner roll Salad bar Fruit bar Milk</p>	<p>18 Comet Burger Bar Seasoned potato wedges Topping Bar to include chili, cheese lettuce, onions, pickles Salad Bar Fruit Bar Milk</p>
<p>21 Waffle fries or baked Potato topped Pulled pork or Chili and toppings or Meatloaf Sandwich waffle fries Salad Bar Fruit Bar Milk</p>	<p>22 Mexican Straw Hats Fritos with meat beans and cheese Shredded lettuce and toppings or Taco Salad Bowl Snickerdoodle Cookie Salad and Fruit bar Milk</p>	<p>23 Sriracha chicken Brown rice or lo mein noodles Stir fry vegetables Fortune Cookies Salad bar Fruit bar Milk</p>	<p>24 Lasagna with meat sauce w/breadstick or Ravioli Sicilian vegetables Salad bar Fruit bar Milk</p>	<p>25 BBQ pork or Toasted Cheese Sweet Potato &amp; Regular Tater Tots Tomato soup with Spicy Crackers Salad bar Fruit bar Milk</p>
<p>28 Chicken tenders Mashed potatoes Sweet potato soufflé Apple crisp Salad bar Fruit bar Milk</p>	<p>29 Chicken quesadillas Fiesta rice and beans, WG tortilla Chips and Salsa Snickerdoodle cookie Salad Bar Fruit Bar Milk</p>	<p>30 Cherry blossom chicken Brown rice or lo mein noodles Sesame broccoli fortune cookies Salad bar Fruit bar Milk</p>	<p>31 Spaghetti with meatballs or Chicken Parmesan Italian green beans WG cheese bosco stick Salad bar Fruit bar Milk</p>	

This institution is an equal opportunity provier and employer

Email Deanne Pastva, RD, LD with any questions about the National School Breakfast

Breakfast & Lunch Programs: [deanne\\_pastva@amherstk12.org](mailto:deanne_pastva@amherstk12.org)