

# October 2021 High School

Meal	Monday 4-Oct	Tuesday 5-Oct	Wednesday 6-Oct	Thursday 7-Oct	Friday 8-Oct
<b>1</b>					
<b>Breakfast</b>	Cereal Bowl/Cheese Stick	Muffin	Breakfast Pastry	Breakfast Kit w/Juice	BeneFit Bar
<b>Juice and:</b>	Applesauce	Orange Slices	Apple Slices	Peaches	Pears
<b>Lunch</b>					
<b>Entree</b>	Turkey Stick/Cheese/Chips & Salsa	Chicken Tenders	Beef Rib B-Q	Hamburger/Bun & Chips	Deli Sub & Chips
<b>Veg Entree</b>	Cheese Filled Breadsticks/Marinara Pizza	Chalupa/Salsa Hamburger/Cheeseburger	Sunbutter Pack Chicken Sandwich	Omelet/Muffin Pizza	Pizza Chicken Sandwich
<b>Veggies</b>	Broccoli Florets Black Beans	Zucchini Coins Roasted Potatoes	Garden Salad Green Beans	Carrots Emoji Fries	Red Pepper Strips Cucumbers
<b>Fruit</b>	Pears Peaches	Pineapples Mandarin Oranges	Peaches Juice	Orange Slices Applesauce	Apple Slices Fruit Cocktail
<b>2</b>	<b>11-Oct</b>	<b>12-Oct</b>	<b>13-Oct</b>	<b>14-Oct</b>	<b>15-Oct</b>
<b>Breakfast</b>		Mini Pancakes	Breakfast Kit w/Juice	Zucchini Bread	Cereal Bar
<b>Juice and:</b>		Peaches	Applesauce	Apple Slices	Orange Slices
<b>Lunch</b>	<b>NO SCHOOL - Columbus Day</b>				
<b>Entree</b>		<b>All Beef Hot Dogs</b>	<b>Chicken Nuggets/Dinner Roll</b>	<b>Walking Taco</b>	<b>Chicken Patty/Bun</b>
<b>Veg Entree</b>		<b>Bean &amp; Cheese Burrito/Salsa</b> Pizza	<b>Vegetarian Nuggets</b> Hamburger/Cheeseburger	<b>Grilled Cheese</b> Chicken Sandwich	<b>Cheese Filled Breadsticks/Marinara</b> Hamburger/Cheeseburger
<b>Veggies</b>		Celery/Carrot Sticks Vegetarian Beans	Red Pepper Strips Cucumbers	Grape Tomatoes Refried Beans	Broccoli Florets Seasoned Potato Wedges
<b>Fruit</b>		Strawberries Juice	Pineapples Apple Slices	100% Juice Ice Slushie Orange Slices	Apple Slices Pears
<b>3</b>	<b>18-Oct</b>	<b>19-Oct</b>	<b>20-Oct</b>	<b>21-Oct</b>	<b>22-Oct</b>
<b>Breakfast</b>	Mini Cinnis	Breakfast Bar/Cheese Stick	Banana Bread	Breakfast Kit w/Juice	Cereal Bowl/Cheese Cubes
<b>Juice and:</b>	Applesauce	Peaches	Orange Slices	Fruit Cocktail	Apple Slices
<b>Lunch</b>					
<b>Entree</b>	Corn Dog or Mini Corn Dogs	Turkey Stick/Cheese/Muffin	Chicken Tenders & Goldfish Crackers	Beef Flatbread Sandwich	Chicken & Rice Bowl
<b>Veg Entree</b>	Cheese Quesadilla/Salsa Chicken Sandwich	Pizza Hamburger/Cheeseburger	Deli Sub Pizza	Build Your Own Flatbread Pizza Chicken Sandwich	Vegetarian Rice Bowl Hamburger/Cheeseburger
<b>Veggies</b>	Grape Tomatoes Refried Beans	Broccoli Florets Garden Salad	Carrot Sticks Green Beans	Cucumbers Baked Fries	Side Salad Oriental Vegetables
<b>Fruit</b>	Applesauce Juice	Pears Whole Apple	Mandarin Oranges Strawberries	Orange Slices Applesauce	Apple Slices Peaches
<b>4</b>	<b>25-Oct</b>	<b>26-Oct</b>	<b>27-Oct</b>	<b>28-Oct</b>	<b>29-Oct</b>
<b>Breakfast</b>	Breakfast Kit w/Juice	Mini Pancakes	Cereal Bowl/Bug Bites	Fruit Filled Pastry	Breakfast Bar
<b>Juice and:</b>	Orange Slices	Peaches	Mandarin Oranges	Apple Slices & Hard Cooked Egg	Applesauce
<b>Lunch</b>					
<b>Entree</b>	Chicken Nuggets & Cornbread	Fish Sandwich w/cheese	Sloppy Joe w/Chips	All Beef Hot Dogs	Chicken Nachos
<b>Veg Entree</b>	Vegetarian Nuggets & Cornbread Hamburger/Cheeseburger	Cheesy Tots w/Broccoli & Cornbread Pizza	Omelet/Muffin Chicken Sandwich	Grilled Cheese Pizza	Pizza Hamburger/Cheeseburger
<b>Veggies</b>	Garden Salad Red Pepper Strips	Carrot/Celery Sticks Roasted Potatoes	Broccoli Florets Waffle Fries	Cauliflower Florets Tomato Soup	Red Pepper Strips Black Beans
<b>Fruit</b>	Peaches Apple Slices	100% Juice Ice Slushie Applesauce	Orange Slices Pears	Apple Slices Peaches	Mandarin Oranges Juice
<b>5</b>	<b>1-Nov</b>	<b>2-Nov</b>	<b>3-Nov</b>	<b>4-Nov</b>	<b>5-Nov</b>
<b>Breakfast</b>	Breakfast Kit w/Juice	Mini Cinnis	Yogurt/Bug Bites	BeneFit Bar	Cereal Bowl
<b>Juice and:</b>	Fruit Cocktail	Applesauce	Peaches	Orange Slices	Apple Slices
<b>Lunch</b>					
<b>Entree</b>	Orange Chicken/Rice	Wrap Sandwich	Burrito Bowl	Beef Sub Sandwich	Chicken Patty/Bun
<b>Veg Entree</b>	Sunbutter Pack Pizza	Lasagna Hamburger/Cheeseburger	Cheese Filled Breadsticks/Marinara Chicken Sandwich	Yogurt/Cheese/Grain Pizza	Mac & Cheese Hamburger/Cheeseburger
<b>Veggies</b>	Jicama/Beet Sticks Oriental Vegetables	Zucchini Coins Cucumber Slices	Garden Salad Black Beans	Red Pepper Strips Sweet Potato Fries	Broccoli Florets Whole Kernel Corn
<b>Fruit</b>	100% Juice Ice Slushie Pears	Peaches Pineapples	Juice Apple Slices	Pineapples Fruit Cocktail	Pears Peaches