


STEELE HIGH SCHOOL

OCTOBER



<p><i>Lunch includes 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i></p>	<p><i>Breakfast and Lunch are available at no-cost to families for the 2021-22 school year!</i></p>	<p><i>No-Cost lunch choices are also available daily on our Grill, Pizza, Sub & Salad Lines, as well as in the Snack Shack. A la carte items are available for purchase. Please visit www.payschoolscentral.com to add money to your child's account.</i></p>	<p>Important update: Due to manufacturer supply shortages, we may need to change the menu items without notice. We will do our best to have a similar item, but cannot guarantee it is the same as what the students usually get.</p>	<p>1 WG Mac and Three Cheese Cavatappi WG Dinner roll Steamed Broccoli Salad Bar Fruit Bar Milk</p>
<p>4 WG Chicken Tenders Mashed Potatoes and gravy Carrot Coins Snowflake Dinner Roll Salad Bar Fruit Bar Milk</p>	<p>5 Mexican Straw Hats (Fritos with meat and beans) or Taco salad bowl Shredded lettuce and toppings Salad Bar Fruit bar Milk</p>	<p>6 WG Cherry Blossom Chicken Brown Rice Stir fry vegetables Fortune Cookie SaladBar Fruit Bar Milk</p>	<p>7 WG Chicken Parmesan with a side of Spaghetti Seasoned Green Beans WG Dinner roll Salad bar Fruit bar Milk</p>	<p>8 </p>
<p>11 WG Chicken Nuggets Baked Potato Smiles WG Soft Pretzel Salad Bar Fruit Bar Milk</p>	<p>12 Beefy Cheese Nachos Taco Salad Bowl Shredded lettuce and toppings Refried Beans Salad Bar Fruit Bar Milk</p>	<p>13 PSAT TESTING Grab and go Breakfast 7:35am Grab and go Lunch available in the snack shack till 12:30</p>	<p>14 Fettuccine with WG Chicken Chunks Alfredo Sauce Sicilian Vegetables Salad Bar Fruit Bar Milk</p>	<p>15 Footlong Hot dog served with onions and relish Baked Beans French Fries Salad Bar Fruit Bar Milk</p>
<p>18 WG Chicken tenders Mashed Potatoes and gravy Carrot Coins Snowflake Dinner Roll Salad Bar Fruit Bar Milk</p>	<p>19 Beef Chipotle Tacos Rice and Beans Lettuce and Cheese Salad Bar Fruit Bar Milk</p>	<p>20 WG Cherry Blossom Chicken Brown Rice Stir fry vegetables Fortune Cookie Salad Bar Fruit Bar Milk</p>	<p>21 Spaghetti with meatballs Italian green beans Snowflake Dinner Roll Salad Bar Fruit Bar Milk</p>	<p>22 Pulled Pork Sandwich or Pulled Pork Irish Nachos Waffle fries WG Soft Pretzel (w/nachos only) Salad Bar Fruit Bar Milk</p>
<p>25 Two Ultra Grain Comet Chicken tender wraps Baked Potato Smiles Salad Bar Fruit Bar Milk</p>	<p>26 WG Chicken Soft Tacos Fiesta Rice and Beans Salad Bar Fruit Bar Milk</p>	<p>27 WG Tangerine Chicken Brown Rice Sesame broccoli Fortune Cookie Salad bar Fruit bar Milk</p>	<p>28 Lasagna w/meat sauce Sicilian vegetables Dinner roll Salad bar Fruit bar Milk</p>	<p>29 WG Mac and Three Cheese Cavatappi WG Dinner roll Steamed Broccoli Salad Bar Fruit Bar Milk</p>

USDA is an equal opportunity provider and employer

Email Deanne Kelbley, RD, LD, SNS with any questions about the National School Breakfast & Lunch Programs: deanne_kelbley@amherstk12.org

Menu subject to change based upon food availability