

# October 2021 Lunch Menu - Middle & High School

## Monday



**4 Buffalo Chicken Sub, Buffalo Chicken Dip w/Chips, Chicken Nuggets w/Toast, and Chicken Finger Basket**  
Potato Roasters, Corn, and Green Beans

**11 Fall Break**

**18 Mac & Cheese Bowl w/Chicken, Tacos w/Shredded Cheese & Refried Beans, and Chicken Finger Basket**  
Potato Roasters and Steamed Broccoli w/Cheese Sauce

**25 Cheeseburger, General Tso's Chicken w/Rice, and Chicken Finger Basket**  
Roasted Broccoli and Squash Casserole

## Tuesday



**5 Loaded Tots w/Chicken & Cheese, Lasagna, Breakfast Bar (w/eggs, grits, sausage, gravy & biscuits), and Chicken Finger Basket**  
Tater Tots, Pinto Beans, and Baby Carrots

**12 Fall Break**

**19 Chicken Sandwich (spicy or regular), Baked Cheese Ravioli w/Garlic Toast, Hot Wings w/Garlic Toast & Carrot and Celery Sticks, and Chicken Finger Basket**  
French Fries, Corn, and Green Beans

**26 Buffalo Chicken Sub, Spaghetti w/Meat Sauce, Steak Fingers w/Gravy & Biscuit Sticks, and Chicken Finger Basket**  
French Fries, Green Beans, and Roasted Carrots

## Wednesday



**6 Chicken Tenders & French Toast Basket, Orange Chicken w/Rice, and Chicken Finger Plate**  
Roasted Asparagus & Mushrooms, and Sweet Potato Fries

**13 Fall Break**

**20 Pizza Dippers w/Marinara, Chicken Fingers w/French Toast Sticks, and Cowboy Nachos**  
Baked Sweet Potato, Pinto Beans, and Corn

**27 Chicken Finger Basket, Walking Taco w/Chip Choice Refried Beans, and Chicken Tenders & French Toast Basket**  
Corn and Roasted Squash & Zucchini

## Thursday



**7 Chicken Sandwich (spicy or regular), Beefy Nachos w/Queso & Refried Beans, Chili Cheese Fries, and Chicken Finger Basket**  
French Fries and Roasted Broccoli

**14 Fall Break**

**21 Chicken Sandwich, Chicken Fried Chicken w/Mashed Potatoes & Biscuit & Gravy, Shrimp Boat w/Hush Puppies, and Chicken Finger Basket**  
French Fries, Roasted Squash & Zucchini, and Green Beans

**28 Chicken Sandwich (spicy or regular), Spicy Chicken Biscuit w/Hash Browns, Mozzarella Cheese Stick w/Marinara, and Chicken Finger Basket**  
French Fries, Carrot Souffle, and Baked Beans

## Friday

**1 Cheeseburger, Asian Rice Bowl w/Egg Roll, Boneless Wings w/Garlic Toast, and Chicken Fingers w/Mashed Potatoes**  
Roasted Broccoli & Cauliflower, Carrot and Celery Sticks

**8 Cheeseburger, Cheese Stuffed Bread Sticks, Mashed Potato Bowl w/Popcorn Chicken, and Chicken Fingers w/Mashed Potatoes**  
Steamed Broccoli, Corn, and Okra

**15 Fall Break**

**22 Cheeseburger w/Baked Beans, Cheesy Chicken & Rice Bowl, Breakfast Bowl w/Biscuit, and Chicken Fingers w/Mashed Potatoes**  
Roasted Mixed Veggies, and Corn

**29 Cheeseburger, Asian Rice Bowl w/Egg Roll, Boneless Wings w/Garlic Toast, Chicken Finger w/Mashed Potatoes**  
Roasted Broccoli & Cauliflower, and Carrot/Celery Sticks

### Served Daily:

**Entrees:** Salad Box, PB&J Tray, Sandwich Wrap or Fruit Tray, and Pepperoni or Cheese Pizza w/ Fruit & Veggies  
**Sides:** Fruit Choice and Leafy Green Salad

This Institution is an equal opportunity provider