



Mid-Peninsula High School

Wednesday lunch includes a house cookie. Lunch includes water or milk. \$8.95

	Monday 10/3	Tuesday 10/4	Wednesday 10/5	Thursday 10/6	Friday 10/7
Lunch Menu	Baked Ziti w/ Italian Sausage & Marinara. Garlic Bread	Sweet & Sour Pork, Steamed White Rice, Asian Vegetables	No Lunch Today	Meat Loaf, Mashed Potatoes, Veggies	Chicken Piccata in a Lemon Cream Sauce, Rice Pilaf, Veggies
Lunch Menu (Veg)	Baked Ziti w/ Marinara Garlic Bread	Sweet & Sour Tofu, Steamed White Rice, Asian Vegetables		Quinoa Stuffed Bell Pepper, Mashed Potatoes, Veggies	Farro Stuffed Zucchini Boat, Rice Pilaf, Veggies
Salad/Sandwich	Chef salad with Baguette	Buffalo Chicken Sandwich w/ Kettle Chips		Grilled Pineapple Chicken on Sweet Kings Bread w/ Sweet Chili Cole Slaw	Grilled Steak Bruschetta Salad
	Monday 10/10	Tuesday 10/11	Wednesday 10/12	Thursday 10/13	Friday 10/14
Lunch Menu	No Lunch Today	Chicken Enchilada Bake, Cilantro Rice, Refried Beans, salsa	Grass Fed Beef Sliders, JoJo Potatoes	Orange Chicken, Ginger Rice, Bok Choy	Chile Verde, White Steamed Rice, Asian Vegetables
Lunch Menu (Veg)		Cheese Enchilada Bake, Cilantro Rice, Refried Beans, Salsa	Eggplant Sliders, JoJo Potatoes	Orange Tofu, Ginger Rice, Bok Choy	Grilled Zucchini & Portobello Mushroom, White Rice, Asian Vegetables
Salad/Sandwich		BLT Salad W/ Avocado & Baguette	Portobello Mushroom, Roasted Pepper & Mozzarella on Ciabatta & Pesto Pasta	Chicken & Berry Salad w/ Foccacia Bread Stick	Sweet Tomato, Mozzarella, Basil & Mushroom on a Torpedo w/ Fruit Salad
	Monday 10/17	Tuesday 10/18	Wednesday 10/19	Thursday 10/20	Friday 10/21
Lunch Menu	Chicken Cacciatore Over Penne w/ Seasonal Veggies	Beef Fajitas, Spanish Rice, Refried Beans, Salsa	BBQ Pulled Pork Slider w/ JoJo Potatoes	Foccacia Bread All Meat Pizza w/ Side Caesar Salad	Chicken Pot Pie
Lunch Menu (Veg)	Napoleon Stack w/ Penne, Marinara & Seasonal Veggies	Tofu Fajitas, Spanish Rice, Refried Beans, Salsa	Grilled Eggplant sliders w/ JoJo Potatoes	Foccacia Bread Cheese Pizza w/ Side Caesar Salad	Vegetable Pot Pie
Salad/Sandwich	Easy Ground Beef Taco Salad w/ Garlic Bread	Philly Cheese Chicken Steak Sandwich w/ Kettle Chips	Spinach Salad w/ Orange Chicken & Baguette	Cuban Torta w/ Ham, Cucumber Salad	BBQ Pork Cobb Salad w/ Baguette
	Monday 10/24	Tuesday 10/25	Wednesday 10/26	Thursday 10/27	Friday 10/28
Lunch Menu	Butter Chicken, Basmati Rice & Roasted Cauliflower	Bacon Wrapped Hot Dog w/ JoJo Potatoes	Sloppy Joe Sliders w/ Kettle Chips	Carne Asada Fries w/ Beans, Cheese, Salsa & Sour Cream	Grass Fed Beef Lasagna, House Salad, Garlic Cheesy Bread
Lunch Menu (Veg)	Paneer, Basmati Rice & Roasted Cauliflower	Vegan Dog w/ JoJo Potatoes	Grilled Portobello Sliders w/ Kettle Chips	Chile Rellenos w/ Spanish Rice & Beans	Vegetable Lasagna, House Salad, Garlic Cheesy Bread
Salad/Sandwich	Roast Beef & Caramelized Onions on Steak Roll w/ Kettle Chips	Chicken & Feta Spinach Salad w/ Baguette	Grilled Mac & Cheese Sandwich w/ Fresh Fruit Salad	The Californian w/ Chicken, Bacon, Avocado, Provolone on Sour Dough & Kettle Chips	Grilled Asian Chicken Salad w/ Foccacia Bread
	Monday 10/31				
	Halloween Celebration				