

High School October 2022

Breakfast Menu: Available daily in the cafeteria (7:20am to 7:35am) Cost: \$2.00
 All Breakfasts are served with fruit and choice of milk. Asst cereals, breakfast bars, pop tarts always available. ****Specialty hot items available each day.****

3 Chicken Tenders Whipped Potatoes Broccoli WG Cookie Alt. Chicken Salad Croissant	4 Hot Dog on Roll (With sauerkraut option) Smile Fries Green Beans Alt: Grilled Roast Beef and Cheddar Sandwich	5 Ham & Cheese on Pretzel Roll Steamy Peas WG Cheez-its Alt. Corny Huevos Ranchero	6 Crunchy Taco: Meat, cheese, lettuce, salsa Fiesta Rice Bean Salad Alt: Crunchy Fish Taco	7 NO SCHOOL
10 NO SCHOOL	11 Creamy Mac & Cheese w/ Pretzel Sticks Green Beans Alt: Sausage Sandwich	12 Cheese Quesadilla/Salsa Baked Potato Bar Black Bean Salad WG Churro Alt: Loaded Nachos	13 Tangerine Chicken & Broccoli Fried Rice Fortune Cookie Alt: Egg Roll	14 French Bread Pizza Tossed Salad Tater Tots Alt: Grilled Ham and Cheese Sandwich
17 Popcorn Chicken Bowl (mashed potatoes, buttered corn, chicken & gravy) Alt. French Dip Sandwich	18 Cheeseburger on Roll Baked Beans Curly Fries Alt. Grilled Cuban Sandwich	19 Chicken Wing Dings/Sauce Romaine Tossed Salad Garlic Knots Alt: Cheese Raviolis with meatsauce	20 Sausage and French Toast OR Scrambled Eggs & French Toast Hash Browns, Baby Carrots	21 Pizza Dippers/Marinara California Blend Veggies Sun Chips Alt: Chicken Parm. Sandwich
24 Chicken Nuggets Steamed Peas Buttery Noodles Alt. Pork BBQ on Roll	25 Grilled Cheese Sandwich Hummus/Celery Tomato Soup WG Goldfish Crackers Alt. Cheese Steak Sandwich	26 Walking Taco/Salsa (Meat, cheese, lettuce) Buttered Corn Black Bean Salad WG Cookie Alt. Shrimp Poppers	27 Corn Dog Nuggets Onion Rings Candied Carrots Alt. Grilled Rachel Sandwich	28 Stuffed Crust Pizza Steamed Green Beans Romaine Tossed Salad Alt. Vegetable Stir Fry over Rice

MENU SUBJECT TO CHANGE

Student Lunch: \$3.25
 A la Carte Milk: \$0.60 Adult Lunch: \$5.00
 A La Carte Drinks, Snacks and Ice Cream
 All Grain Offerings are Whole Grain / All Rolls Include Promise® Margarine
 (This institution is an equal opportunity provider and employer.)

Offered Daily:

PBJ Sandwich
 Pizza, Deli Sandwich/Sub
 Salad Entrée/Protein BABY CARROTS OR CELERY STICKS available daily
 Assorted Fruits/Juice/Milk
 Soup is available at an **A La Carte Price only \$2.00**

Cafeteria Manager:

Dee Dennes: 717-358-1833 ext. #2013
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