

# September

## OEC and OALC High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	Breaded Chicken Sandwich (Spicy or Regular) Sidewinder Fries	Cheeseburger Mashed Potatoes and Chicken Gravy	Breaded Chicken Sandwich (Spicy or Regular) Sidewinder Fries	Cheeseburger Chips
	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
	Spicy Honey Chicken White Rice Chicken Potsticker	Chicken Tenders (Regular and Spicy) Mashed Potatoes and Chicken Gravy Dinner Roll	Cheesy Mozzarella Sticks with Marinara Garlic Toast	Orange Chicken with White Rice Chicken Potsticker
	Oven Roasted Broccoli Fresh Fruit Assorted Fresh Vegetables	Steamed Peas Fresh Fruit Assorted Fresh Vegetables	Sidewinder Fries Fresh Fruit Assorted Fresh Vegetables	Ginger Stir-Fry Vegetables Fresh Fruit Assorted Fresh Vegetables
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Cheeseburger Curly Fries	Breaded Chicken Sandwich (Spicy or Regular) Sidewinder Fries	Cheeseburger Curly Fries	Breaded Chicken Sandwich (Spicy or Regular) Sidewinder Fries	Cheeseburger Chips
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Pizza (BBQ Chicken or Cheese) Caesar Salad Parmesan Spinach Alfredo Tortilla Chips Fresh Fruit Assorted Fresh Vegetables	Shredded Chicken Burrito Bowl with Flour Tortilla Cilantro Lime Rice Fiesta Black Beans  Buttered Corn Fresh Fruit Assorted Fresh Vegetables	Rotini Grilled Chicken Alfredo Garlic Breadstick  Seasoned Stemed Broccoli Fresh Fruit Assorted Fresh Vegetables	General Tso Chicken Lo Mein Noodles  Honey Roasted Carrots Fresh Fruit Assorted Fresh Vegetables	Mini Corndogs Chips  Oven Roasted Curry Cauliflower Fresh Fruit Assorted Fresh Vegetables Fresh Baked Chocolate Chip Cookie
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Cheeseburger Curly Fries	Breaded Chicken Sandwich (Spicy or Regular) Sidewinder Fries	Cheeseburger Garlic Mashed Red Potatoes and Chicken Gravy	Breaded Chicken Sandwich (Spicy or Regular) Hashbrown Patties	Cheeseburger Chips
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Thai Sweet Chili Chicken Fried Rice Chicken Pot Stickers  Ginger Stir-Fry Vegetables Fresh Fruit Assorted Fresh Vegetables	Italian Dunker with Marinara Sauce  Savory Green Beans and Onions Fresh Fruit Assorted Fresh Vegetables	Breaded Chicken Drumstick Garlic Mashed Red Potatoes and Chicken Gravy Dinner Roll  Buttered Corn Fresh Fruit Assorted Fresh Vegetables	<b>Brunch For Lunch</b> French Toast Sticks Chicken Sausage Links  Hashbrown Patties Fresh Fruit Assorted Fresh Vegetables	<b>Poppin' Flavored Popcorn Chicken Day</b> (Southern Style OR Nashville Hot) BBQ Baked Beans Cornbread Oven Roasted Broccoli Fresh Fruit Assorted Fresh Vegetables
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Cheeseburger Curly Fries	Breaded Chicken Sandwich (Spicy or Regular) Sidewinder Fries	Cheeseburger Mashed Potatoes and Chicken Gravy	Breaded Chicken Sandwich (Spicy or Regular) Fritos (1 oz)	Cheeseburger Chips
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
Pizza (Turkey Pepperoni or Cheese) Caesar Salad Honey Roasted Carrots Fresh Fruit Assorted Fresh Vegetables	Beef Taco in a Bag  Fiesta Black Beans Soy Glazed Cauliflower Fresh Fruit Assorted Fresh Vegetables	Chicken Bites Mashed Potatoes and Chicken Gravy Dinner Roll Steamed Corn Fresh Fruit Assorted Fresh Vegetables	Beef Chili Cheese Fries Garlic Toast (Fritos 1oz) Oven Roasted Brussel Sprouts Fresh Fruit Assorted Fresh Vegetables	<b>Chicken Wing Day</b> Pretzel and Cheese Sauce  Seasoned Stemed Broccoli Fresh Fruit Assorted Fresh Vegetables
<b>Offered Daily</b>				
Turkey Lunch Kit	Grilled Chicken Ranch Salad	Turkey Cheese Hoagie	Grilled Chicken Ranch Salad	Chicken Salad Sandwich

**IN SCHOOL OFFERED DAILY:**

Manager Choice of: Peanut Butter or Sun Butter and Jelly sandwich

A milk will incur a cost unless taken as part of a school meal.

**This institution is an equal opportunity provider.**