

High School October 2023

Breakfast Menu: Available daily in the cafeteria (7:20am to 7:35am)
 All Breakfasts are served with fruit and choice of milk. Asst cereals, breakfast bars, pop tarts always available. ****Specialty hot items available each day.****
*****Breakfast is FREE to all students for the 2023/24 school year******

2 Popcorn Chicken/Roll Mashed Potato Corn Alt. Rib B Que Sandwich	3 Walking Tacos/WG Churro (meat,cheese,lettuce,salsa) HOM Corn,Tomato Salad Alt: Grilled Cuban Sandwich	4 Sausage Links/French Toast Hash Brown Hummus/Celery Alt. Scrambled Eggs/French Toast	5* Chicken Wing Dings/Roll California Blend Veggies Alt: Black Bean Burger	6 NO SCHOOL
9 NO SCHOOL	10 Grilled Cheese Sandwich Tomato Soup Hummus/Celery Alt: Cheesesteak Sandwich	11 Baked Ziti Romaine Tossed Salad Garlic Knot Alt. Shrimp Poppers	12 Cheeseburger on Roll Curly Fries Baked Beans Alt: Grilled Rachel Sandwich	13 DONIMO'S PIZZA Onion Rings Candied Carrots Alt: Monterey Chicken Sandwich
16 Chicken Tenders Cinnamon Dusted Sweet Fries Broccoli WG Cookie Alt. Egg Roll	17 Hot Dog on Roll (with or w/o sauerkraut) Smile Fries Alt. Grilled Beef & Cheddar Sandwich	18 Ham&Cheese Pretzel Roll Steamy Peas WG Cheez-Its Alt. Fish/Cheese Sandwich	19 Crunchy Beef Tacos (meat,cheese,lettuce,salsa) Fiesta Rice Bean Salad Alt. Pork Carnitas	20 Stromboli/Marinara Romaine Tossed Salad Alt: Sausage Sandwich
23 Homestyle Chicken Sandwich Baked Fries Creamy Cole Slaw Alt. Spicy Chicken Sandwich	24 Creamy Mac & Cheese Green Beans Pretzel Sticks Alt. Hot BBQ Chicken Wrap	25 Cheese Quesadilla/Salsa Baked Potato Black Bean Salad Alt. Loaded Nachos	26 Tangerine Chicken Fried Rice Broccoli Fortune Cookie Alt. Asian Dumplings	27 Cheese Sticks/Marinara Tater Tots Romaine Tossed Salad Alt. Grilled Ham & Cheese Sandwich

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:

Amber Zimmerman: 717-358-1833
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