

Food Services Director: Nathan Shefter  
 nshefter@fleetwoodasd.org

Please check the District Website, Food Services Tab to learn more.

Sign Up for [Schoolcafe.com](http://Schoolcafe.com) to apply for free/reduced meals, Look up nutritional & make payments. Set up an account to receive low balance alerts.



## Fleetwood Area School District High School Lunch Menu October 2023



### Meal Prices

**Breakfast**

Student -Free


**Lunch**

Student - \$3.10

Adult - \$ 2.25

Adult - \$4.75

\*\* Menu Subject to Change\*\*

WEEKLY ALTERNATE ENTREE	Monday 2-Oct	Tuesday 3-Oct	Wednesday 4-Oct	Thursday 5-Oct	Friday 6-Oct
<b>Deli Hoagie-</b> Turkey, Ham, Tuna Salad, Chicken salad (Rotating Daily)  <b>Yogurt Meal:</b> Yogurt, String Cheese, WG Muffin, Graham Crackers  <b>PB &amp; J Meal:</b> Pb&J Uncrustable, String	<b>A. Bacon Cheeseburger</b> <b>B. Hot Dogs</b>  Curly Fries Celery & Carrots w/dip	<b>A. Sweet &amp; Sour Chicken</b> w/Rice <b>B. Cheeseburger on Bun</b>  Oriental Blend Veggies Side Salad	<b>A. Artisan Chicken Reg. or Spicy</b> <b>B. Rib BBQ Sand</b>  French Fries Cauliflower	<b>A. Meatball Sub</b> <b>B. Caesar Salad w/chicken</b>  Sweet Potato Fries Green Beans	<b>Early Dismissal            No Lunch</b>
	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
<b>NO School</b>		<b>A. Mac &amp; Cheese w/Breadstick</b> <b>B. Ch. Burger</b>  Side Salad Broccoli	<b>A. Popcorn Chicken</b> <b>B. Hot Dogs</b>  Mashed Potatoes Corn Gravy	<b>A. Beef Tacos</b> <b>B. Ch. Burger</b> Fiesta beans Corn LTO Sour cream, salsa Choice of doritos or taco shell	<b>A. Chicken Nuggets</b> <b>B. Chicken Parm Sand</b>  Pretzel nuggets Glazed Carrots
<b>Offered Daily:            Fresh Fruits and Vegetables            100% Fruit Juice</b>  <b>Fruit Options*</b> Juice Variety, Apple Slices, Bananas, Peaches, Pears, Pineapple Tidbits, Grapes, Strawberries, Mandarin Oranges, Navel Oranges, Fruit Cocktail  <b>** Fruits &amp; Vegetables Provided will Depend on Availability** We will substitute when necessary</b>	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
<b>Lunch Salad w/Roll offered Daily:</b> <small>(One salad offer daily, options depend on availability)</small>  -Chef Salad -Taco Salad w/Tortilla Chips -Crispy Chicken Salad -Garden Salad (Cheese ) -Grilled Chicken Salad   <b>Milk Choices</b> White Chocolate Skim Strawberry <small>(Soy Milk is available for students w/dairy allergies)</small>  <small>* Ala Carte Items available to purchase daily including snacks, ice cream, beverages and second entrees. Students MUST have money in accounts, no charging allowed.</small>	<b>A. Boneless Wings</b> <b>B. Chef's Choice</b>  Tater Tots Green Beans Biscuit	<b>A. Chicken Bacon Ranch on Bun</b> <b>B. Chicken Caesar Wrap</b>  French Fries Broccoli	<b>A. Spaghetti &amp; Meatballs</b> <b>B. Meatball Sub w/chips</b>  Garlic Knots Side Salad Mixed Veggies	<b>A. Hot Dog Bar</b> <b>B. Subway w/chips</b>  Baked Beans Mashed Potatoes Sauerkraut	<b>A. Stromboli</b> <b>B. Hot Dog</b>  Mozz Sticks Broccoli Dipping sauce
	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
	<b>A. Chicken &amp; Waffles</b> <b>B. Pizza</b>  Seasoned Noodles Broccoli	<b>A. Hot Ham &amp; Cheese on Everything Bagel</b> <b>B. Rib BBQ Sand</b>  Sweet Potato Waffle Fries Green Beans	<b>A. Sloppy Joe on Bun</b> <b>B. Chef's Choice</b>  Curly Fries Broccoli	<b>A. Penne Pasta / meat sauce</b> <b>B. Chef's Choice</b>  Garlic Toast Side salad California Blend	<b>A. Brunch for Lunch:</b> French Toast Sticks w/Sausage Links <b>B. Hot Dog</b>  Hash Brown Rounds Corn
	30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
	<b>A. Chicken Tenders w/ Roll</b> <b>B. Chicken Caesar Wrap</b>  Sweet Potato Tots Green Beans	<b>A. Crispy Chicken w/ Biscuit</b> <b>B. Pizza</b>  Seasoned Noodles Corn	<b>Early Dismissal</b>	<b>A. Maxi Cheese Sticks</b> <b>B. Ch. Burger</b>  Seasoned Rice Broccoli	<b>A. Corn Dog Nuggets</b> <b>B. Chicken Patty</b>  Mashed Potatoes Cauliflower



### The Tiger LUNCH Meal Deal

Choose **ONE** Entree:

Daily Entree Special  
 Alternate Meal  
 Salad or Sandwich Meal

Choose up to **TWO** Sides of Fruit:

Fresh Fruit  
 Fruit Cup  
 Fruit Juice (only 1 serving)

Choose up to **TWO** Sides of Veggies:

Daily Vegetable  
 Assorted Vegetable Cup

Interested in substituting in Food Service, please contact Mr. Shefter @ 610-944-8111 ext. 10600.

Equal Opportunity Institution

Don't Forget - Take at least ONE Fruit or Veggie. And at least THREE items total so your meal counts as a complete lunch.