

# OCTOBER | 2024

## Middle & High School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>30</b></p>	<p><b>1</b> CHOICE: Quesadillas 10g each BBQ Rib w/Bun 38g Wild Mike's Cheese Bites 28g</p> <p>Served with: Glazed Carrots 10g Fresh Broccoli, Tomatoes, Cucumbers, Fruit &amp; Milk</p>	<p><b>2</b> CHOICE: Bosco Sticks 17g each BBQ Rib w/Bun 38g Wild Mike's Cheese Bites 28g</p> <p>Served with: California Blend 3g Fresh Carrots, Tomatoes, Cauliflower, Fruit &amp; Milk</p>	<p><b>3</b> CHOICE: Cheeseburger w/Bun 27g BBQ Rib w/Bun 38g Wild Mike's Cheese Bites 28g</p> <p>Served with: French Fries 18g Fresh Broccoli, Tomatoes, Celery, Fruit &amp; Milk</p>	<p><b>4</b> CHOICE: Cheesy Bread 27g BBQ Rib w/Bun 38g Wild Mike's Cheese Bites 28g Served with: Broccoli 5g w/Cheese Sauce 3g Fresh Carrots, Cauliflower, Cucumbers, Fruit &amp; Milk</p>
<p><b>7</b> CHOICE: Popcorn Chicken w/Cheez-itz 30g Bosco Sticks 17g each Boneless Wings w/Breadstick 36g Served with: Mashed Potatoes 14g, *optional Gravy 6g Fresh Carrots, Broccoli, Celery, Fruit &amp; Milk</p>	<p><b>8</b> CHOICE: Soft Taco 17g each Bosco Sticks 17g each Boneless Wings w/Breadstick 36g</p> <p>Served with: Refried Beans 28g Fresh Broccoli, Tomatoes, Cucumbers, Fruit &amp; Milk</p>	<p><b>9</b> CHOICE: Mozzarella Sticks 32g Bosco Sticks 17g each Boneless Wings w/Breadstick 36g</p> <p>Served with: Green Beans 4g Fresh Carrots, Tomatoes, Cauliflower, Fruit &amp; Milk</p>	<p><b>10</b> CHOICE: Scrambled Eggs 2g w/French Toast 35g Bosco Sticks 17g each Boneless Wings w/Breadstick 36g Served with: Swt Potato Fries 25g Fresh Broccoli, Tomatoes, Celery, Fruit &amp; Milk</p>	<p><b>11</b> CHOICE: Cheese or Pepperoni Pizza 27g Bosco Sticks 17g each Boneless Wings w/Breadstick 36g Served with: Caesar Salad 5g w/CROUTONS 5g Fresh Carrots, Cauliflower, Cucumbers, Fruit &amp; Milk</p>
<p><b>14</b> CHOICE: Chicken Tenders w/Goldfish Crackers 35g Cheeseburger w/Bun 27g Breaded Chicken w/Bun 34g Served with: French Fries 18g Fresh Carrots, Broccoli, Celery, Fruit &amp; Milk</p>	<p><b>15</b> CHOICE: Philly Beef Sandwich 31g Cheeseburger w/Bun 27g Breaded Chicken w/Bun 34g</p> <p>Served with: Baked Beans 29g Fresh Broccoli, Tomatoes, Cucumbers, Fruit &amp; Milk</p>	<p><b>16</b> CHOICE: Ravioli w/Marinara 38g &amp; Breadsticks 26g Cheeseburger w/Bun 27g Breaded Chicken w/Bun 34g Served with: California Blend 3g Fresh Carrots, Tomatoes, Cauliflower, Fruit &amp; Milk</p>	<p><b>17</b> CHOICE: BBQ Rib w/Bun 38g Cheeseburger w/Bun 27g Breaded Chicken w/Bun 34g</p> <p>Served with: Glazed Carrots 10g Fresh Broccoli, Tomatoes, Celery, Fruit &amp; Milk</p>	<p><b>18</b> <b>NO SCHOOL</b> (PD Day – Staff Only)</p>
<p><b>21</b> CHOICE: Chicken Nuggets 26g Max Sticks 30g Bone-in Wings 1g w/Breadsticks 26g Served with: Mashed Potatoes 14g, *optional Gravy 6g Fresh Carrots, Broccoli, Celery, Fruit &amp; Milk</p>	<p><b>22</b> CHOICE: Nachos (Chips 33g, Meat 5g, Cheese Sauce 2g) Max Sticks 30g Bone-in Wings 1g w/Breadsticks 26g</p> <p>Served with: Refried Beans 28g Fresh Broccoli, Tomatoes, Cucumbers, Fruit &amp; Milk</p>	<p><b>23</b> CHOICE: Pancakes 35g w/ Sausage 0g Max Sticks 30g Bone-in Wings 1g w/Breadsticks 26g</p> <p>Served with: Smile Potatoes 20g Fresh Carrots, Tomatoes, Cauliflower, Fruit &amp; Milk</p>	<p><b>24</b> CHOICE: Grilled Cheese 27g Goldfish(HS) 14g Max Sticks 30g Bone-in Wings 1g w/Breadsticks 26g</p> <p>Served with: Tomato Soup 27g Fresh Broccoli, Tomatoes, Celery, Fruit &amp; Milk</p>	<p><b>25</b> <b>NO SCHOOL</b> (Parent Teacher Conferences)</p>
<p><b>28</b> CHOICE: Chicken Drumstick 3g w/Cookie 18g each BBQ Rib w/Bun 38g Wild Mike's Cheese Bites 28g Served with: Baked Beans 29g Fresh Carrots, Broccoli, Celery, Fruit &amp; Milk</p>	<p><b>29</b> CHOICE: Quesadillas 10g each BBQ Rib w/Bun 38g Wild Mike's Cheese Bites 28g</p> <p>Served with: Glazed Carrots 10g Fresh Broccoli, Tomatoes, Cucumbers, Fruit &amp; Milk</p>	<p><b>30</b> CHOICE: Bosco Sticks 17g each BBQ Rib w/Bun 38g Wild Mike's Cheese Bites 28g</p> <p>Served with: California Blend 3g Fresh Carrots, Tomatoes, Cauliflower, Fruit &amp; Milk</p>	<p><b>31</b> CHOICE: Cheeseburger w/Bun 27g BBQ Rib w/Bun 38g Wild Mike's Cheese Bites 28g</p> <p>Served with: French Fries 18g Fresh Broccoli, Tomatoes, Celery, Fruit &amp; Milk</p>	<p><b>1</b></p>

**PARENT INFO**

**HS/MS STUDENT PRICES:**

Breakfast: FREE  
Full price MS lunch: \$2.90  
Full price HS lunch: \$3.10  
Student Salad: \$3.40  
Reduced price MS/HS lunch: \$0.40  
FREE (waived for the 24-25 school year)  
Free lunch: FREE  
**\*\*STUDENTS MUST HAVE ADEQUATE MONEY ON THEIR ACCOUNT IN ORDER TO PURCHASE ANY OF THE ITEMS IN RED! A la carte, extra main dish, extra fruit or veggie, and Milk(only).**

**DAILY MAIN DISH OPTIONS:**

Three rotating hot options listed on each day's menu. In addition to these options: PBJ Uncrustable  
Chef Salad

**SAUCE PACKETS AVAILABLE, DEPENDING ON THE MAIN MENU**

**ITEM - CARB COUNTS:** Ketchup 2g, Mustard 0g, Mayo 1g, BBQ Sauce 10g, Syrup 30g, Salsa 2g, Taco Sauce 1g

**FRESH FRUIT & VEGGIES**

A variety of fresh veggies with ranch 2g will be offered daily, along with many fresh fruit options.

**BREAKFAST**

Breakfast is FREE and served in two convenient locations in the hallway, between 7:45 am - 7:55 am. All middle and high school students are encouraged to take FREE breakfast!

*Menu is subject to change. The average carb count for canned fruit = 19-22g per ½ cup serving and fruit juice averages 13g carbs. The average carb count for ½ cup fresh raw vegetables = 5.4g. White milk is 13g, chocolate milk is 24g and strawberry milk is 29g. We follow Offer vs. Serve policy. This institution is an equal opportunity provider.*