

# 2024 OCTOBER

## Park Rapids High School

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

[Customize this area with announcements, a la carte items, allergen info, etc.]

**1** Breakfast Burrito  
Fruit, Juice and Milk

Beef Taco  
Or SW Chicken Salad  
Vegetable, Fruit and Milk

**2** Pancake Wrap  
Fruit, Juice and Milk

Cheeseburger  
Or Chicken Tenders  
Vegetable, Fruit and Milk

**3** Breakfast Round  
Fruit, Juice and Milk

Chili Cheese Fritos  
Or Spicy Chicken Sandwich  
Vegetable, Fruit and Milk

**4** Scrambled Eggs and Donut  
Fruit, Juice and Milk

General TSO's Chicken  
Or PB&J  
Vegetable, Fruit and Milk

**7** Mini Pancake and Sausage  
Fruit, Juice and Milk

Pizza  
Or Corndog  
Vegetable, Fruit and Milk

**8** Breakfast Bowl  
Fruit, Juice and Milk

Beef Nacho  
Or Chef Salad  
Vegetable, Fruit and Milk

**9** Breakfast Croissant  
Fruit, Juice and Milk

Mac and Cheese  
Or Chicken Wild Rice Soup  
Vegetable, Fruit and Milk

**10** Stuffed Hashbrown and Donut  
Fruit, Juice and Milk

Chicken Chompers  
Or Calzone  
Vegetable, Fruit and Milk

**11** Cinnamon Roll  
Fruit, Juice and Milk

Orange Chicken  
Or Crispito  
Vegetable, Fruit and Milk

**14** Waffles  
Fruit, Juice and Milk

Pizza Crunchers  
Or Chicken Drumstick  
Vegetable, Fruit and Milk

**15** Biscuit and Gravy  
Fruit, Juice and Milk

Chicken Fajita Bowl  
Or Caesar Salad  
Vegetable, Fruit and Milk

**16** Breakfast Pizza  
Fruit, Juice and Milk

Beef on Pretzel Bun  
Or Breaded Chicken Sandwich  
Vegetable, Fruit and Milk

**17** No School

**18** No School

**21** Omelet and Muffin  
Fruit, Juice and Milk

Chicken Parm Sandwich  
Or Southwest Eggrolls  
Vegetable, Fruit and Milk

**22** French Toast Sticks  
Fruit, Juice and Milk

Taco in a Bag  
Or SW Chicken Salad  
Vegetable, Fruit and Milk

**23** Breakfast Burrito  
Fruit, Juice and Milk

Buffalo Chicken Poppers  
Or Cheeseburger Soup  
Vegetable, Fruit and Milk

**24** Pancake Wrap  
Fruit, Juice and Milk

Chicken Tator Bowl  
Or Hot Ham on a Bun  
Vegetable, Fruit and Milk

**25** Long John  
Fruit, Juice and Milk

Teriyaki Chicken  
Or Meatball Sub  
Vegetable, Fruit and Milk

**28** Breakfast Round  
Fruit, Juice and Milk

Chicken Sticks  
Or PB&J  
Vegetable, Fruit and Milk

**29** Scrambled Eggs and Donut  
Fruit, Juice and Milk

Quesadilla  
Or Chef Salad  
Vegetable, Fruit or Milk

**30** Mini Pancake and Sausage  
Fruit, Juice and Milk

Sloppy Joe  
Or Chicken Salad on a Bun  
Vegetable, Fruit or Milk

**31** Breakfast Bowl  
Fruit, Juice and Milk

Meatballs and Gravy  
Or Spicy Chicken Sandwich  
Vegetable, Fruit or Milk

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