

October

OEC and OALC High School Lunch Menu

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|--|---|---|
|  | <b>1</b><br>Breaded Chicken Sandwich (Spicy or Regular)<br>JoJo Potato Wedges<br><b>Alternate</b><br>Crispy Chicken and Cheese Rolled Tacos<br>Jalapeno Cheese Sauce<br><br>Savory Green Beans and Onions<br>Fresh Fruit<br>Assorted Fresh Vegetables  | <b>2</b><br>Cheeseburger<br>Mashed Potatoes and Chicken Gravy<br><b>Alternate</b><br>Chicken Tenders (Regular and Spicy)<br>Mashed Potatoes and Chicken Gravy<br>Dinner Roll<br>Steamed Peas<br>Fresh Fruit<br>Assorted Fresh Vegetables                   | <b>3</b><br>Breaded Chicken Sandwich (Spicy or Regular)<br>Sidewinder Fries<br><b>Alternate</b><br>Cheesy Mozzarella Sticks with Marinara<br>Garlic Parmesan Cheese Knot<br><br>Sidewinder Fries<br>Fresh Fruit<br>Assorted Fresh Vegetables  | <b>4</b><br>Cheeseburger<br>Chips<br><b>Alternate</b><br>Orange Chicken<br>White Rice<br>Chicken Potsticker<br><br>Ginger Stir-Fry Vegetables<br>Fresh Fruit<br>Assorted Fresh Vegetables                               |
| <b>7</b><br>Cheeseburger<br>Curly Fries<br><b>Alternate</b><br>Pizza (Turkey Pepperoni or Cheese)<br>Caesar Salad<br>Parmesan Spinach Alfredo<br>Tortilla Chips<br>Fresh Fruit<br>Assorted Fresh Vegetables      | <b>8</b><br>Breaded Chicken Sandwich (Spicy or Regular)<br>JoJo Potato Wedges<br><b>Alternate</b><br>Build your own Chicken Nachos<br>Cilantro Lime Rice<br>Fiesta Black Beans<br><br>Buttered Corn<br>Fresh Fruit<br>Assorted Fresh Vegetables        | <b>9</b><br>Cheeseburger<br>Curly Fries<br><b>Alternate</b><br>Rotini Grilled Chicken Alfredo<br>Garlic Breadstick<br><br>Seasoned Steamed Broccoli<br>Fresh Fruit<br>Assorted Fresh Vegetables  | <b>10</b><br>Breaded Chicken Sandwich (Spicy or Regular)<br>JoJo Potato Wedges<br><b>Alternate</b><br>General Tso Chicken<br>White Rice<br>Graham Cracker<br><br>Honey Roasted Carrots<br>Fresh Fruit<br>Assorted Fresh Vegetables            | <b>11</b><br>Cheeseburger<br>Kettle Chips<br><b>Alternate</b><br>Mini Chicken Corndogs<br>Kettle Chips<br><br>Oven Roasted Curry Cauliflower<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Strawberry Banana Jonny Pop |
| <b>14</b><br>Cheeseburger<br>Curly Fries<br><b>Alternate</b><br>Thai Sweet Chili Chicken<br>Fried Rice<br>Chicken Pot Stickers<br><br>Ginger Stir-Fry Vegetables<br>Fresh Fruit<br>Assorted Fresh Vegetables     | <b>15</b><br>Breaded Chicken Sandwich (Spicy or Regular)<br>JoJo Potato Wedges<br><b>Alternate</b><br>Italian Dunker with Marinara Sauce<br>Italian Pasta Salad<br><br>Savory Green Beans and Onions<br>Fresh Fruit<br>Assorted Fresh Vegetables       | <b>16</b><br>Cheeseburger<br>Garlic Mashed Red Potatoes and Chicken Gravy<br><b>Alternate</b><br>Breaded Chicken Drumstick<br>Garlic Mashed Red Potatoes and Chicken Gravy<br>Dinner Roll<br><br>Buttered Corn<br>Fresh Fruit<br>Assorted Fresh Vegetables | <b>17</b><br><b>No School</b>   | <b>18</b><br><b>No School</b>   |
| <b>21</b><br>Cheeseburger<br>Curly Fries<br><b>Alternate</b><br>Pizza (Beef Taco Pizza or Cheese)<br>Caesar Salad<br>Honey Roasted Carrots<br>Fresh Fruit<br>Assorted Fresh Vegetables                           | <b>22</b><br>Breaded Chicken Sandwich (Spicy or Regular)<br>JoJo Potato Wedges<br><b>Alternate</b><br>Beef Walking Taco<br><br>Fiesta Black Beans<br>Soy Glazed Cauliflower<br>Fresh Fruit<br>Assorted Fresh Vegetables                                | <b>23</b><br>Cheeseburger<br>Mashed Potatoes and Chicken Gravy<br><b>Alternate</b><br>Chicken Bites<br>Mashed Potatoes and Chicken Gravy<br>Dinner Roll<br>Buttered Corn<br>Fresh Fruit<br>Assorted Fresh Vegetables                                       | <b>24</b><br>Breaded Chicken Sandwich (Spicy or Regular)<br>JoJo Potato Wedges<br><b>Alternate</b><br>Kung Pao Chicken<br>White Rice<br>Graham Cracker<br>Oven Roasted Brussel Sprouts<br>Fresh Fruit<br>Assorted Fresh Vegetables            | <b>25</b><br>Cheeseburger<br>Chips<br><b>Alternate</b><br>Chicken Wing Day<br>Pretzel and Cheese Sauce<br><br>Seasoned Stemed Broccoli<br>Fresh Fruit<br>Assorted Fresh Vegetables                                      |
| <b>28</b><br>Cheeseburger<br>KC Onion Rings<br><b>Alternate</b><br>Build your own<br>Turkey Brat<br>KC Onion Rings<br>BBQ Baked Beans<br>California Vegetable Medley<br>Fresh Fruit<br>Assorted Fresh Vegetables | <b>29</b><br>Breaded Chicken Sandwich (Spicy or Regular)<br>JoJo Potato Wedges<br><b>Alternate</b><br>Crispy Chicken and Cheese Rolled Tacos<br>Jalapeno Cheese Sauce<br><br>Savory Green Beans and Onions<br>Fresh Fruit<br>Assorted Fresh Vegetables | <b>30</b><br>Cheeseburger<br>Mashed Potatoes and Chicken Gravy<br><b>Alternate</b><br>Chicken Tenders (Regular and Spicy)<br>Mashed Potatoes and Chicken Gravy<br>Dinner Roll<br>Steamed Peas<br>Fresh Fruit<br>Assorted Fresh Vegetables                  | <b>31</b><br>Breaded Chicken Sandwich (Spicy or Regular)<br>Sidewinder Fries<br><b>Alternate</b><br>Cheesy Mozzarella Sticks with Marinara<br>Garlic Parmesan Cheese Knot<br><br>Sidewinder Fries<br>Fresh Fruit<br>Assorted Fresh Vegetables |   |
| <b>Offered Daily</b>   |  |  |   |   |
| Managers Choice  | Chicken Ranch Salad / Goldfish Cheddar Cracker (1.5 oz)  | Turkey Cheese Hoagie   | Chicken Ranch Salad / Goldfish Cheddar Cracker (1.5 oz)   | Turkey Cheese Hoagie  |

**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.**