

# Greenwich High School October Lunch Menu 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4
		Chicken Tenders w/ Brown Rice Grilled Cheese (V) Sweet Potato Fries (VE,GF)	Pasta Meatballs w/ Bread Stick (D) Philly Cheese Steak (D) Roasted Broccoli (VE,GF)	NO SCHOOL ROSH HASHANAH	Hot Honey Sandwich Meatball Hero (D) Fries (V)
	7	8	9	10	11
<b>Famer Week we will hight special item at Breakfast &amp; Lunch October 7-11</b>	Ribblet Sandwich(V) Chicken Quesadilla Roasted (D) Broccoli (VE)	Cheeseburger Blast Unwrap(D) Caprese Sandwich (D) Red Pepper Strips (VE,GF)	Pasta Meat Sauce Garlic Bread Hot dog Roasted Zucchini (V)	BBQ Chicken Drum Stick Buffalo Chicken Sandwich Corn (V)	Korean Chicken (D) Chicken Parmesan (D) Brown Rice (V) Roasted Chickpeas
	14	15	16	17	18
	Sloppy Joe Sandwich Hot Dogs (D) Coleslaw	Walking Nachos & Cheese (D) Grilled Cheese (V) Black Bean Salad (V)	Pasta w/Meatballs (D) Bread stick Philly Cheese Steak (D) Sauteed Spinach(V,)	Chicken Nuggets Burgers Fries(V)	Fish sticks Steak Quesdilla Roasted Baby Carrots (V)
	21	22	23	24	25
	Mac & Cheese (V) Buffalo Chicken Wrap (D) Roasted Roasted Chickpeas (VE)	Taco Bowl Cilantro Rice Chicken Quesadilla Pico De Gallo	Pasta w/ Meat Sauce(D) Hot Dog Steamed String Beans (VE,GF)	Chicken Tenders w/ Brown Rice Gyro with pita (D) Lemon Zest Broccoli (V)	Breaded Chicken Drumstick Chop Cheese Sandwich (D) Fries (V)
	28	29	30	31	
	Bosco Sticks (V),(D) Burger Sweet Potato French Roasted Zucchini (V)	Chili w/ Brown Rice Grilled Cheese (V) Sweet Potato Fries (VE,GF)	Pasta Meatballs w/ Bread Stick (D) Philly Cheese Steak (D) Roasted Broccoli (VE)	Spooky Pretzel Dogs Ghost Mashed Potatoes Grill Cheese	
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>DAILY WEEKLY OFFERINGS</b>	Sunflower Butter & Jelly Sandwich (VE) Salad Bar Create Your own Sandwich BA Pizza Station Yogurt Parfait (V)	Sunflower Butter & Jelly Sandwich (VE) Salad Bar Create Your own Sandwich BA Pizza Station Yogurt Parfait (V)	Sunflower Butter & Jelly Sandwich (VE) Salad Bar Create Your own Sandwich BA Pizza Station Yogurt Parfait (V)	Sunflower Butter & Jelly Sandwich (VE) Salad Bar Create Your own Sandwich BA Pizza Station Yogurt Parfait (V)	Sunflower Butter & Jelly Sandwich (VE) Salad Bar Create Your own Sandwich BA Pizza Station Yogurt Parfait (V)
	Vegetarian Item (VE) - a plant based food that consists of whole grains, vegetables, legumes and fruit. Vegetarian Item (V) - a food that consists of whole grains, vegetables, legumes, nuts, fruit, eggs, dairy excludes animal products Gluten Free Item (GF) - a food that contains no gluten, or flour				
	<b>Daily Milk Offerings</b> 1% Low-Fat (V) FAT FREE (V) Fat Free Chocolate Milk (V)	Attention Pre-K Students CANNOT be offered Chocolate Milk or Cookies	<b>Daily Seasonal Fresh &amp; Canned Fruit</b> Apples, Banana, Grapes , Oranges, Apple Sauce,Diced Pears, Pineapple, Peaches	All Menus are subject to Change Upon Vendor Availability	

