

# SOUTHINGTON HIGH SCHOOL MENU – OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Fajita Pierogies Cilantro Lime Rice Refried Beans Salsa	1 French Toast Sticks Chicken Sausage Patties Hash Brown Maple Syrup	2 Macaroni and Cheese WG Dinner Roll <b>Cinnamon Carrots</b>	3 Chicken Smackers WG Garlic Breadstick Mashed Potatoes Steamed Corn	4 Wild Mike Bites Warm Marinara Sauce <b>Caesar Salad</b>
7 Grilled Cheese Tomato Soup Roasted Ranch Broccoli	8 Pancake Bites (Available in Maple or <b>Apple</b> ) Egg Patty with American Cheese Tater Tots Maple Syrup	9 Penne Pasta with Meat Sauce WG Garlic Toast <b>Oven Roasted Zucchini</b>	10 Boneless Chicken Wings WG Onion Rings <b>Steamed Green Beans</b>	11 Stuffed Crust Pizza <b>Garden Salad</b> with Ranch Dressing
14  <b>Columbus Day</b> <b>No School</b>	15 Snackin' Waffle Hard Boiled Egg <b>Baby Carrots</b> <b>Apple Slices</b> Maple Syrup <b>EARLY DISMISSAL</b>	16 Chicken Corn Dog Nuggets Sweet Potato Fries Vegetarian Baked Beans	17 General Tso Chicken Steamed Brown Rice Steamed Broccoli Fortune Cookie	18 Cheese Pizza Buffalo Chicken Pizza <b>Garden Salad</b> with Ranch Dressing
21 Max's Breadsticks Marinara Sauce "Pizza" Green Beans	22 French Toast Sticks Chicken Sausage Patties Hash Brown Maple Syrup	23 Beef Nachos Brown Rice Queso, Salsa Seasoned Black Beans	24 <b>Combo Platter</b> Boneless Chicken Wings Breaded Ravioli Warm Marinara Sauce <b>Confetti Coleslaw</b>	25 White Garlic French Bread Pizza French Bread Pizza Garden Salad with Ranch Dressing
28 Chicken Dumplings Vegetable Fried Rice Stir Fry Veggie Blend Sweet & Sour Sauce	29 Turkey Bacon, Egg, and Cheese on an English Muffin Tater Tots Warm Apples with Cinnamon	30 Chicken Parmesan with Penne & Marinara WG Garlic Breadstick <b>Cheesy Cauliflower</b>	31 Chicken and Waffles Seasoned Corn Maple Syrup 	<b>Lunch Prices</b> <b>Reduced Price: FREE</b> <b>Paid Price: \$4.00</b> 
  <p><b>Every Tuesday &amp; Thursday in the Grill Room</b></p>		<p><b>Everyday Offerings:</b> Rainbow Veggie Tray Assorted Fresh Fruit Canned Fruit Unflavored &amp; Flavored Low-Fat Milk</p>	<p><b>myPayments plus™</b></p> <div style="border: 2px solid #0070C0; padding: 10px; text-align: center;"> <p><b>DAILY OFFERINGS:</b> Grill Room with Grab &amp; Go Options Made to Order Deli Bar Assorted Salads &amp; Graze Boxes Sun Butter &amp; Jelly Sandwiches</p> </div>	

**Bold Indicates Fresh Produce is Used!**

Menu is subject to change. This institution is an equal opportunity provider.

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