

# High School Lunch Menu

## October 2024

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

	<p>1</p> <p>LUNCH</p> <p>Choose 1 Entrée: Cheese or Pepperoni Pizza Turkey Hot Dog Strawberry Banana Parfait</p> <p>Tater Tots Fruit and Veggie Garden Bar <i>Build your own sub &amp; salad bar</i></p>	<p>2</p> <p>LUNCH</p> <p>Choose 1 Entrée: Beef Walking Nachos Crispy Chicken Sandwich Classic Hummus Box</p> <p>Corn Fruit and Veggie Garden Bar <i>Build your own sub &amp; salad bar</i></p>	<p>3</p> <p>LUNCH</p> <p>Choose 1 Entrée: Cheeseburger Mozzarella Stuffed Breadsticks Crispy Chicken Wrap</p> <p>Steamed Broccoli Fruit and Veggie Garden Bar <i>Build your own sub &amp; salad bar</i></p>	<p>4</p> <p>LUNCH</p> <p>Choose 1 Entrée: Cheese or Pepperoni Pizza Spicy Chicken Sandwich Double Berry Parfait</p> <p>FRYDAY: French Fries Fruit and Veggie Garden Bar <i>Build your own sub &amp; salad bar</i></p>
<p>7</p> <p>LUNCH</p> <p>Choose 1 Entrée: Breakfast Burrito Crispy Chicken Sandwich Blueberry Patch Parfait</p> <p>Tater Tot Hash Fruit and Veggie Garden Bar <i>Build your own sub &amp; salad bar</i></p>	<p>8</p> <p>LUNCH</p> <p>Choose 1 Entrée: Cheeseburger Buffalo Chicken or Cheese Pizza Chicken Caesar Wrap</p> <p>Baked Beans Fruit and Veggie Garden Bar <i>Build your own sub &amp; salad bar</i></p>	<p>9</p> <p>LUNCH</p> <p>Choose 1 Entrée: Cuban Mojo Chicken Sandwich Beef Walking Dorito Nachos Just Peachy Parfait</p> <p>Corn Fruit and Veggie Garden Bar <i>Build your own sub &amp; salad bar</i></p>	<p>10</p> <p>LUNCH</p> <p>Choose 1 Entrée: Breaded Chicken Tenders &amp; Toasted Waffles w/ Syrup Cheese or Pepperoni Pizza Crispy Chicken Wrap Sweet Potato Fries Fruit and Veggie Garden Bar <i>Build your own sub &amp; salad bar</i></p>	<p>11</p> <p>Staff Day No Students</p>
<p>14</p> 	<p>15</p> 	<p>16</p> 	<p>17</p>  <p>LUNCH</p> <p>Choose 1 Entrée: Cannonball Marinara Sub Catch of the Day Fish Sandwich Captain's Crispy Chicken Wrap</p> <p>Golden Carrot Coins Fruit and Veggie Garden Bar <i>Build your own sub &amp; salad bar</i></p>	<p>18</p> <p>LUNCH</p> <p>Choose 1 Entrée: Cheese or Pepperoni Pizza Bacon Cheeseburger Double Berry Parfait</p> <p>FRYDAY: French Fries Fruit and Veggie Garden Bar <i>Build your own sub &amp; salad bar</i></p>
<p>21</p> <p>LUNCH</p> <p>Choose 1 Entrée: General Tso's Popcorn Chicken &amp; Steamed Rice Cheese or Italian Sausage Pizza Blueberry Patch Parfait</p> <p>Roasted Broccoli Fruit and Veggie Garden Bar <i>Build your own sub &amp; salad bar</i></p>	<p>22</p> <p>LUNCH</p> <p>Choose 1 Entrée: Cheeseburger Buffalo Chicken or Cheese Pizza Chicken Caesar Wrap</p> <p>Baked Beans Fruit and Veggie Garden Bar <i>Build your own sub &amp; salad bar</i></p>	<p>23</p> <p>LUNCH</p> <p>Choose 1 Entrée: BBQ Pulled Pork Sandwich Beef Walking Dorito Nachos Buffalo Chicken Wrap</p> <p>Corn Fruit and Veggie Garden Bar <i>Build your own sub &amp; salad bar</i></p>	<p>24</p> <p>LUNCH</p> <p>Choose 1 Entrée: Teriyaki Diced Chicken &amp; Fried Rice Meatlovers or Cheese Pizza Strawberry Fields Parfait</p> <p>Spicy Asian Vegetable Blend Fruit and Veggie Garden Bar <i>Build your own sub &amp; salad bar</i></p>	<p>25</p> <p>LUNCH</p> <p>Choose 1 Entrée: Cheese or Pepperoni Pizza Crispy Chicken Sandwich Deli Bento Box</p> <p>FRYDAY: French Fries Fruit and Veggie Garden Bar <i>Build your own sub &amp; salad bar</i></p>
<p>28</p> <p>LUNCH</p> <p>Choose 1 Entrée: Cheeseburger Cheese or Italian Sausage Pizza Crispy Chicken Wrap</p> <p>Roasted Broccoli Fruit and Veggie Garden Bar <i>Build your own sub &amp; salad bar</i></p>	<p>29</p> <p>LUNCH</p> <p>Choose 1 Entrée: Fajita Chicken Ramen Bowl Buffalo Chicken or Cheese Pizza EZ Pizza Bento Box</p> <p>Carrot Coins Fruit and Veggie Garden Bar <i>Build your own sub &amp; salad bar</i></p>	<p>30</p> <p>LUNCH</p> <p>Choose 1 Entrée: Crispy Chicken Sandwich Beef Walking Dorito Nachos Buffalo Chicken Wrap</p> <p>Black Beans Fruit and Veggie Garden Bar <i>Build your own sub &amp; salad bar</i></p>	<p>31</p>  <p>HAPPY HALLOWEEN</p> <p>Choose 1 Entrée: Monster Mashed Potato Bowl &amp; Breadsticks Spook-etti &amp; Meat Sauce with Garlic Knot Breadstick "Candy Corn" (Orange Pineapple) Parfait Corn Fruit and Veggie Garden Bar <i>Build your own sub &amp; salad bar</i></p>	

A variety of fruits, vegetables and milk served daily.

Build your own sub & salad bar offered daily! (V) = Vegetarian

Students are entitled to their choice of entrée, 2 fruits, 2 vegetables and 1 milk with lunch.

Menus are subject to change.



## High School Breakfast Menu October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BREAKFAST Chicken Biscuit Sandwich Cereal with Graham Crackers or Cheese Stick	2 BREAKFAST Cinnamon Chip Scone Cereal with Graham Crackers or Cheese Stick	3 BREAKFAST Colby Cheese Omelet & Buttery Wheat Toast Frosted Fudge Poptart with Graham Crackers	4 BREAKFAST French Toast Bites Blueberry Patch Parfait
7 BREAKFAST Wild Blueberry Waffles Just Peachy Parfait	8 BREAKFAST Breakfast Bagel Sandwich Cereal with Graham Crackers or Cheese Stick	9 BREAKFAST Apple Frudel Stick Cereal with Graham Crackers or Cheese Stick	10 BREAKFAST Cinnamon Roll Cereal with Graham Crackers or Cheese Stick	11 Staff Day No Students
14 	15 	16 	17 BREAKFAST Banana Muffin Cereal with Graham Crackers or Cheese Stick	18 BREAKFAST Cinnamon Creamy Cheese Mini Bagels Cereal with Graham Crackers or Cheese Stick
21 BREAKFAST Breakfast on a Stick Cereal with Graham Crackers or Cheese Stick	22 BREAKFAST Chicken Biscuit Sandwich Strawberry Fields Parfait	23 BREAKFAST Sausage Breakfast Pizza Cereal with Graham Crackers or Cheese Stick	24 BREAKFAST Waffles Cereal with Graham Crackers or Cheese Stick	25 BREAKFAST French Toast Bites Blueberry Patch Parfait
28 BREAKFAST Breakfast on a Stick Cereal with Graham Crackers or Cheese Stick	29 BREAKFAST Chicken Biscuit Sandwich Cereal with Graham Crackers or Cheese Stick	30 BREAKFAST Cinnamon Chip Scone Cereal with Graham Crackers or Cheese Stick	31  HAPPY HALLOWEEN BREAKFAST Colby Cheese Omelet with Buttery Wheat Toast Frosted Fudge Poptart with Grahams	 October is National Farm to School Month

A variety of fruits, and milk served daily.  
All cereals are reduced sugar.  
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