

High School Lunch Menu October 2024

MONDAY

TUESDAY

1

WEDNESDAY

THURSDAY

FRIDAY

LUNCH Choose 1 Entrée: Cheese or Pepperoni Pizza Turkey Hot Dog Strawberry Banana Parfait

Tater Tots Fruit and Veggie Garden Bar Build your own sub & salad bar

LUNCH Choose 1 Entrée: **Beef Walking Nachos** Crispy Chicken Sandwich Classic Hummus Box

Corn Fruit and Veggie Garden Bar Build your own sub & salad bar

LUNCH Choose 1 Entrée: Cheeseburger Mozzarella Stuffed Breadsticks Crispy Chicken Wrap

3

10

17

24

Steamed Broccoli Fruit and Veggie Garden Bar Build your own sub & salad bar

LUNCH Choose 1 Entrée: Cheese or Pepperoni Pizza Spicy Chicken Sandwich **Double Berry Parfait**

FRYDAY: French Fries Fruit and Veggie Garden Bar Build your own sub & salad bar

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LUNCH Choose 1 Entrée: **Breakfast Burrito** Crispy Chicken Sandwich **Blueberry Patch Parfait**

Tater Tot Hash Fruit and Veggie Garden Bar Build your own sub & salad bar

LUNCH Choose 1 Entrée: Cheeseburger Buffalo Chicken or Cheese Pizza

Baked Beans Fruit and Veggie Garden Bar Build your own sub & salad bar

Chicken Caesar Wrap

LUNCH Choose 1 Entrée:

Cuban Mojo Chicken Sandwich **Beef Walking Dortito Nachos** Just Peachy Parfait

Corn Fruit and Veggie Garden Bar Build your own sub & salad bar LUNCH

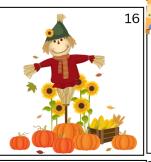
Choose 1 Entrée: **Breaded Chicken Tenders &** Toasted Waffles w/ Syrup Cheese or Pepperoni Pizza Crispy Chicken Wrap **Sweet Potato Fries** Fruit and Veggie Garden Bar Build your own sub & salad bar

Staff Day

No Students



15



LUNCH

Choose 1 Entrée: Cannonball Marinara Sub Catch of the Day Fish Sandwich Captain's Crispy Chicken Wrap

Golden Carrot Coins Fruit and Veggie Garden Bar Build your own sub & salad bar 18

LUNCH Choose 1 Entrée: Cheese or Pepperoni Pizza **Bacon Cheeseburger Double Berry Parfait**

FRYDAY: French Fries Fruit and Veggie Garden Bar Build your own sub & salad bar

21

LUNCH Choose 1 Entrée: General Tso's Popcorn Chicken & Steamed Rice Cheese or Italian Sausage Pizza **Blueberry Patch Parfait**

Roasted Broccoli Fruit and Veggie Garden Bar Build your own sub & salad bar 22

LUNCH Choose 1 Entrée: Cheeseburger Buffalo Chicken or Cheese Pizza Chicken Caesar Wrap

Break

Baked Beans Fruit and Veggie Garden Bar Build your own sub & salad bar LUNCH

Choose 1 Entrée: **BBQ Pulled Pork Sandwich Beef Walking Dorito Nachos Buffalo Chicken Wrap**

Corn

Fruit and Veggie Garden Bar Build your own sub & salad bar

LUNCH Choose 1 Entrée: Teriyaki Diced Chicken & Fried Rice Meatlovers or Cheese Pizza

Strawberry Fields Parfait Spicy Asian Vegetable Blend Fruit and Veggie Garden Bar Build your own sub & salad bar

25 LUNCH Choose 1 Entrée: Cheese or Pepperoni Pizza Crispy Chicken Sandwich **Deli Bento Box**

FRYDAY: French Fries Fruit and Veggie Garden Bar Build your own sub & salad bar

28

LUNCH Choose 1 Entrée: Cheeseburger Cheese or Italian Sausage Pizza Crispy Chicken Wrap

Roasted Broccoli Fruit and Veggie Garden Bar

29 LUNCH

Choose 1 Entrée: Fajita Chicken Ramen Bowl Buffalo Chicken or Cheese Pizza **EZ Pizza Bento Box**

Carrot Coins Fruit and Veggie Garden Bar Build your own sub & salad bar

30

23

LUNCH Choose 1 Entrée: Crispy Chicken Sandwich **Beef Walking Dorito Nachos Buffalo Chicken Wrap**

Black Beans Fruit and Veggie Garden Bar

Choose 1 Entrée: **Monster Mashed Potato Bowl 8 Breadsticks**

Spook-etti & Meat Sauce with **Garlic Knot Breadstick** "Candy Corn" (Orange Pineapple) Parfait Corn

Fruit and Veggie Garden Bar

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

Buttery Wheat Toast

Frosted Fudge Poptart with Grahams

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAKFAST Chicken Biscuit Sandwich Cereal with Graham Crackers or Cheese Stick	BREAKFAST Cinnamon Chip Scone Cereal with Graham Crackers or Cheese Stick	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	BREAKFAST Breakfast Bagel Sandwich Cereal with Graham Crackers or Cheese Stick	9 BREAKFAST Apple Frudel Stick Cereal with Graham Crackers or Cheese Stick	BREAKFAST Cinnamon Roll Cereal with Graham Crackers or Cheese Stick	11 Staff Day No Students
14	fall Break	16	BREAKFAST Banana Muffin Cereal with Graham Crackers or Cheese Stick	BREAKFAST Cinnamon Creamy Cheese Mini Bagels Cereal with Graham Crackers or Cheese Stick
BREAKFAST Breakfast on a Stick Cereal with Graham Crackers or Cheese Stick	22 BREAKFAST Chicken Biscuit Sandwich Strawberry Fields Parfait	BREAKFAST Sausage Breakfast Pizza Cereal with Graham Crackers or Cheese Stick	BREAKFAST Waffles Cereal with Graham Crackers or Cheese Stick	BREAKFAST French Toast Bites Blueberry Patch Parfait
28 BREAKFAST Breakfast on a Stick	BREAKFAST Chicken Biscuit Sandwich	30 BREAKFAST Cinnamon Chip Scone	HAPPY HALLOWEEN BREAKFAST Colby Cheese Omelet with	October IS National Farm To

Cereal with Graham Crackers

or Cheese Stick

A variety of fruits, and milk served daily. All cereals are reduced sugar. Menus are subject to change.

Cereal with Graham Crackers

or Cheese Stick

Cereal with Graham Crackers

or Cheese Stick

