

High School Lunch Menu October 2024

Meal Price:

Paid: \$3.50

Adult Lunch Meal: \$5.03+tax

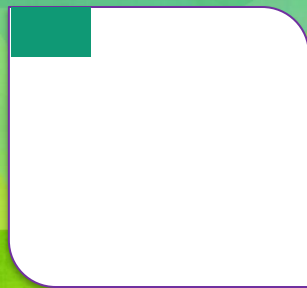
More Info...

Please Note: (WG) denotes whole grain, (P) denotes item may contain pork, V denotes Vegetarian option, (*) denotes item offered with WG dinner roll(s)

All deli sandwiches made with Boar's Head meats

Grades K-12 are offer vs serve and must choose at least 3, up to 5, of the below mentioned items. One of the choices must be a fruit or vegetable.

- Meat/Meat Alternate
- Vegetable
- Whole Grain Item
- Fruit
- Milk



1 **Rice Bowl**
 Chicken, Beef or Tofu
 Steamed Carrots,
 Boy Choy
 Black Beans
 Peppers & Onions
 Mushrooms
 Apple
 Orange

2
 Chicken Marsala
 Mashed Potato
 Butternut Squash
 Grilled Zucchini
 Pear
 Peach Cup

3
 Rosh Hashanah
 School Closed

4
 Rosh Hashanah
 School Closed

7
 Baked Ziti
 Meat or Marinara
 Garlic Bread
 Green Salad
 Sautéed Broccoli
 Melon Cup
 Blueberry

8 **Nacho Bar**
 Beef or Chicken
 Fiesta Rice
 Corn
 Black Beans
Salsa, Sour Cream
 Grape
 Fruit Cocktail

9
 Orange Ginger Chicken
 Brown Rice
 Honey Glazed Carrots
 Mixed Vegetable
 Apple
 Pineapple

10 **Gyro**
 Lamb or Chicken
 Tzatziki Sauce
 Greek Salad
 Roasted Sweet Potato
 Banana
 Peach Cup

11
 Grilled Cheese
 Tomato Soup
 Tater Tots
 Tomato Salad
 Apple Sauce
 Watermelon

14
 Columbus Day
 School Closed

15
 Stuffed Shells
 Or
 Mac & Beef
 Marinara
 Sauce
 Garlic Bread
 Green Salad
 Mixed Vegetable
 Pear/Peach Cup

16
 Sicilian Melt
Ham, Salami, & Cheese
 Potato Wedges
 Roasted Cauliflower
 Cherry Tomatoes
 Melon Cup
 Pineapple

17 **Burger Bar**
 Beef, Turkey, and Veggie
*Cheese, Bacon Mushrooms
 and Onions*
 Crinkle Cut Fries
 Cucumber Coins
 Baked Beans
 Cantaloupe
 Orange

18
 French Toast with
 Turkey Bacon
 Or
 Sausage Egg & Cheese
 Baby Carrots
 Sweet Potato Fries
 Apple Sc.
 Blueberry Cup

21 **Potato Bar**
 Chili, Chicken, Cheese,
 Broccoli, Red Pepper
 Strips
*Bacon, Cheese, Sour Cream
 Mushrooms and Onions*
 Jalapeno Corn Bread
 Melon
 Peach Cup

22
 Jerk Chicken
 Rice & Peas
 Dinner Roll
 Sautéed Cabbage
 Sweet Plantains
 Banana
 Apple

23
 Vegetable Burrito
 Or
 Cheese Quesadilla
 Fiesta Rice
 Black Beans
Salsa, Corn, Sour Cream
 Diced Pear
 Grapes

24 **Cheesesteak**
 Beef or Chicken
 Peppers & Onions
 Potato Wedges
 Tomato Salad
 Orange
 Fruit Cocktail

25 **Pasta, Pasta**
 Meat or alfredo Sauce
 Garlic Bread
 Broccoli
 Oven Roasted Carrots
 Kiwi
 Blueberry Cup

28
 Slider Bar
 BBQ Pork, Buffalo Chicken
 Baked Beans
 Cole Slaw
 Pear
 Peach Cup

29
 Sausage & Peppers
 Rice or Pasta
 Peppers & Onions
 Oven Roasted Zucchini
 Cherry Tomato
 Mixed Fruit
 Cantaloupe

30 **Mac & Cheese Bar**
 Buffalo Chicken or 3-cheese
 Dinner Roll
 Sautéed Green Beans
 Chili Glazed Carrots
 Grapes
 Berry Cup

31
 General Tso's Chicken
 Brown Rice
 Red Pepper Strips
 Broccoli
 Strawberries
 Orange

