LUNCH

OCTOBER 2024

Ansonia High School

DID YOU KNOW? All Students are able to receive a balanced delicious breakfast each school day at NO COST

Monday	Tuesday	Wednesday	Thursday	Friday
	Seasoned Taco Beef Tortilla Chips & Cheese Black Beans Orange Wedges Milk Choice	Pulled Pork 2 Macaroni and Cheese Roasted Carrots Dinner Roll Mixed Fruit Cup	Orange Chicken Steamed WG Rice Seasoned Broccoli Diced Peaches Milk Choice	Chicken and Cheese 4 Quesadillas Black Beans and Rice Sour Cream Apple Slices
Cheeseburger 7 Oven Baked Potato Wedges Applesauce Milk Choice	Beef and Cheese Quesadilla Black Beans and Sour Cream Mixed Fruit Cup Milk Choice	Crispy Chicken Sliders ? Seasoned Green Beans Fresh Apple Slices Milk Choice	Turkey Pepperoni Calzone) Marinara Sauce Seasoned Carrots Milk Choice	Teacher Professional Development Day
14 No Class	French Toast Sticks 15 Turkey Sausage Hash Brown Potatoes Orange Wedges Milk Choice	Grilled Chicken Sandwich American Cheese, Lettuce Sweet Potato Fries Diced Pears Milk Choice	General Tso Chicken 17 Seasoned Rice Green Peas Applesauce Milk Choice	Steak and Cheese 18 Sandwich Onion Rings Diced Peaches Milk Choice
Baked Mozzarella Stickel Marinara Sauce Garlic Bread Mixed Fruit Cup Milk Choice	Crunchy Beef Tacos 22 Seasoned Black Beans Cheese and Salsa Apple Slices Milk Choice	Meatball Grinder 23 Seasoned Green Beans Orange Wedges Milk Choice	Popcorn Chicken Mashed Potatoes Sweet Corn & Dinner Roll Diced Peaches Milk Choice	Baked Chicken Wings25 Baked Potato Wedges Applesauce Milk Choice
Turkey Bacon Cheeseburger Sweet Potato Fries Fresh Apple Slices Milk Choice	Chicken Fajitas 29 Cheese, Sour Cream, Salsa Seasoned Pinto Beans Orange Wedges Milk Choice	Grilled Cheese Sandwich O Oven Baked French Fries Mixed Fruit Cup Milk Choice	Teriyaki Chicken Steamed WG Rice Green Peas Diced Peaches Milk Choice	

Daily Entrée Options: Assorted Boar's Head Sandwiches, Chef Salad, and Bagel/Yogurt & String Cheese Meal Daily Fresh ½ C Veggie Cup Choices and 1/2C Fresh Fruit Choices Milk Choices include 1% White, Fat Free Chocolate and Lactaid