




Meal Price:
Students – No cost
Adults \$5.05 + tax

October 2024 SECONDARY SCHOOL | LUNCH MENU

Daily Lunch

Offerings:

- Nacho Bar
- Hummus w/pita & fresh veggies
- Yogurt Parfait w/ Granola & Fruit
- Cheese, Ham(P), Turkey or Tuna Sandwich/Wrap
- Bagel w /2 String Cheese & Yogurt
- Entrée salads served with a WG roll
- Cheese(V), Pepperoni(P) or Specialty Pizza
- Hamburger/Cheeseburger
- Spicy Chicken Sandwich
- Crispy Chicken Sandwich

MON	TUES	WED	THURS	FRI
Limited Time Offer 	Fajita Chicken ¹ Quesadilla w/ Salsa Red peppers Grapes	Maple Madness Waffle ² w/ Chicken Sausage Celery Sticks Fresh strawberries	Schools Closed ³	Schools Closed ⁴
Chicken Patty on a WG Bun or Cheese Pizza ⁷ French Fries Fresh Pear	Chicken Taco w/ Cheese, Lettuce & Salsa ⁸ Red Peppers Fresh Pear	General Tso's Chicken over Brown Rice ⁹ Roasted Broccoli Fresh Cantaloupe	Roasted BBQ Chicken* ¹⁰ Sliced Cucumbers Ripe Banana	National Sausage Pizza Day ¹¹ Spaghetti & Chicken Meatballs w/ a Bread Stick Celery Sticks Fresh Orange
Schools Closed ¹⁴	Turkey Barbacoa Quesadilla ¹⁵ Steamed Corn Apple **Cheesy Chorizo Enchilada Bake**	Country Popcorn Chicken Bowl ¹⁶ Fresh Broccoli Fresh Orange	Jerk Chicken Wrap ¹⁷ Baked French Fries Fresh Apple	Homemade Mac & Cheese* V ¹⁸ Steamed Carrots Cantaloupe
WG Pizza Sticks with Dipping Sauce V ²¹ Apple Garden Salad	Fish Taco w/ Cheese & Cabbage Slaw ²² Red Peppers Fresh Pear	Maple Madness Waffle w/ Chicken Sausage ²³ Celery Sticks Fresh strawberries	Roasted Buffalo Chicken* Sliced Cucumbers ²⁴ Ripe Banana	Spaghetti & Chicken Meatballs w/ a Bread Stick ²⁵ Celery Sticks Fresh Orange
Jerk Chicken Wrap ²⁸ Garden Salad Fresh Orange	Fajita Chicken Quesadilla w/ Salsa ²⁹ Red peppers Grapes	General Tso's Chicken w/ Rice ³⁰ Cauliflower Fresh Apple	Homemade Mac & Cheese* V ³¹ Steamed Carrots Ripe Banana	Cheesy Chorizo Enchilada Bake National School Lunch Week 14th-18th

Powering potential.™

Menus are subject to change.



Daily Milk Offerings:

*1% White Milk, Fat Free
 Chocolate & Fat free White Milk

Daily Fruit & Vegetable: Apple, orange, seasonal fruit, baby carrots, celery sticks

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

All Meals Must Include
 Choice of:
 Fruits and/or
 Vegetable
 And May Include:
 1% Low-Fat Milk



This institution is an equal opportunity provider.