

9-12 HS Lunch

High School Lunch Menu Fall 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Oct 14	Oct 15	Oct 16	Oct 17	Oct 18
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> No Students Professional Learning Day 	<ul style="list-style-type: none"> BBQ Chicken + Dinner Roll Seasoned Green Beans Mashed Potatoes Fresh Fruit 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Pizza Boli Bites Baked Beans Marinara Cup Fresh Fruit Applesauce Cup Assorted Milk 	<ul style="list-style-type: none"> Teriyaki Chicken Dumplings (6) Broccoli Vegetable Stir-fry Fresh Fruit 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Big Daddy's Pizza Garden Salad Seasoned Corn Fresh Fruit Tropical Fruit Assorted Milk
<i>Week 2</i>	Oct 21	Oct 22	Oct 23	Oct 24	Oct 25
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> Spicy Chicken Sandwich Pickle, Onion & Lettuce Seasoned Broccoli Fresh Fruit Chilled Peaches Assorted Milk 	<ul style="list-style-type: none"> Beef Nachos Taco Fiesta Black Beans Salsa Cup Fresh Fruit 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Thai Chili Chicken & Rice Bowl Stir-fry Vegetables Manager's Choice Fresh Vegetable Fresh Fruit Chilled Pears Assorted Milk 	<ul style="list-style-type: none"> Chicken Tenders w/ Waffle Mixed Vegetables Hash Brown Fresh Fruit 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Big Daddy's Pizza Garden Salad Seasoned Carrots Fresh Fruit Chilled Pineapple Assorted Milk
<i>Week 3</i>	Oct 28	Oct 29	Oct 30	Oct 31	Nov 1
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> Twin Egg Rolls (2) Vegetable Stir-Fry Seasoned Corn Fresh Fruit Mandarin Oranges Assorted Milk 	<ul style="list-style-type: none"> Popcorn Chicken w/Dinner Roll Sweet Potatoes Collard Greens Fresh Fruit 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Spicy Mozz Bites Marinara Cup Green Beans Fresh Fruit Applesauce Cups Assorted Milk 	<ul style="list-style-type: none"> Philly Cheese Steak RF Doritos Pickle Spears (2) Baked Beans Local VA Apple 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Big Daddy's Pizza Garden Salad Seasoned Corn Fresh Fruit Mixed Fruit Assorted Milk

Alternative Entree Options

- Yogurt & Granola - Mon, Wed
- Hamburger/Cheeseburger - Tue
- Chicken Sandwich - Wed
- Entree Salad w/ Roll - Mon - Fri
- Hummus Cup, Cheese Stick, Tortilla Chips & Manager's Choice Fresh Vegetable

Nutrition Bites

- Get ready to *crunch!* On October 10th, bite into a fresh, locally grown Virginia apple and join us in celebrating the Crunch Heard 'Round the Commonwealth!
- Learn more about Farm to School Month: <https://www.farmtoschool.org/about/what-is-farm-to-school>
- Celebrate National School Lunch Week October 14-18. School Lunch Pirates: Find Your Treasure!

Lunch includes:
Choice of 1 Entree,
1-2 Vegetables, 1-2
Fruits, and 1 Milk

Menu subject to change due
to item availability

Vegetarian Options
Available Upon Request