

# October Menu High School



Week 3	10/14 Monday	10/15 Tuesday	10/16 Wednesday	10/17 Thursday	10/18 Friday
<b>Breakfast</b>	Breakfast Bar Cereal w/ String Cheese Cottage Cheese/Crackers Protein Pack	Cheese Omelet IW(DST) Cereal w/ Power Snack Cottage Cheese/Crackers Protein Pack	WG Powdered Donuts Cereal w/ String Cheese Cottage Cheese/Crackers Protein Pack	Pancake Sausage Stick Cereal w/ Power Snack Cottage Cheese/Crackers Protein Pack	French Toast Stick(DST) Cereal w/ String Cheese Cottage Cheese/Crackers Protein Pack
<b>Rotation Station</b>	Enchiladas	Pot Stickers Stir Fried Rice	Breaded Ravioli	Chicken Fajita Bowl Wg Tortillas	Chicken Nuggets WG Roll
<b>Garden Cafe</b>	Buffalo Chicken Salad	Buffalo Chicken Salad	Buffalo Chicken Salad	Buffalo Chicken Salad	Buffalo Chicken Salad
<b>Burger Grille</b>	Buffalo Chicken Wrap	Buffalo Chicken Wrap	Buffalo Chicken Wrap	Buffalo Chicken Wrap	Buffalo Chicken Wrap
<b>Burger Grille</b>	Burger Grille(31)	Burger Grille(31)	Burger Grille(31)	Burger Grille	Burger Grille(31)
<b>Pizza Parlour</b>	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety	Pizza Variety(35)
<b>Vegetable</b>	Refried Beans	California Vegetables 1/2	Sweet Waffle Fries	Spinach Mandarin Salad	Tater Tots
Week 4	10/21 Monday	10/22 Tuesday	10/23 Wednesday	10/24 Thursday	10/25 Friday
<b>Breakfast</b>	Benefit Bars Cereal w/ String Cheese Cottage Cheese/Crackers Protein Pack	Turkey Egg Bites(DST) Cereal w/ Power Snack Cottage Cheese/Crackers Protein Pack	Muffin Varies by Month Cereal w/ String Cheese Cottage Cheese/Crackers Protein Pack	Breakfast Burrito Cereal w/ Power Snack Cottage Cheese/Crackers Protein Pack	Strawberry Mini Bagels Cereal w/ String Cheese Cottage Cheese/Crackers Protein Pack
<b>Rotation Station</b>	Red Tamale (2)	Chicken Penne Alfredo	Mozzarella Pull-Apart	Popcorn Chicken Bowl	Beef Fiestada (43)
<b>Garden Cafe</b>	Chicken Taco Salad	Chicken Taco Salad	Chicken Taco Salad	Chicken Taco Salad	Chicken Taco Salad
<b>Burger Grille</b>	Turkey Sub	Turkey Sub	Turkey Sub	Turkey Sub	Turkey Sub
<b>Pizza Parlour</b>	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)
<b>Vegetable</b>	Ranch Beans	Carroteenies	Steamed Veggie Blend	Mashed Potatoes	Fresh Broccoli w/Ranch
Week 1	10/28 Monday	10/29 Tuesday	10/30 Wednesday	10/31 Thursday	
<b>Breakfast</b>	2ct Poptart (2g) Cereal w/ String Cheese Cottage Cheese/Crackers Protein Pack	Egg Sandwich (21) Cereal w/ Power Snack Cottage Cheese/Crackers Protein Pack	WG Chocolate Donuts Cereal w/ String Cheese Cottage Cheese/Crackers Protein Pack	Pancake Sandwich (16) Cereal w/ Power Snack Cottage Cheese/Crackers Protein Pack	
<b>Rotation Station</b>	Hot Dogs & Chili Dogs WG Bun	(3) Wings & Mac (6oz)	Chix Tenders (13) Dinner Roll	BBQ Beef Rib Sandwich WG Bun	
<b>Garden Cafe</b>	Chicken Chef Salad	Chicken Chef Salad	Chicken Chef Salad	Chicken Chef Salad	
<b>Burger Grille</b>	Ham & Cheese Sub	Ham & Cheese Sub	Ham & Cheese Sub	Ham & Cheese Sub	
<b>Burger Grille</b>	Burger Grille(31)	Burger Grille(31)	Burger Grille(31)	Burger Grille(31)	
<b>Pizza Parlour</b>	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	Pizza Variety(35)	
<b>Vegetable</b>	French Fries	Green Beans	Sweet Potato Fries (32)	Romaine Caesar	

**Offered Everyday at Breakfast:**

**1% White Milk  
Fat Free White Milk  
Fat Free Flavored Milk  
100% Fruit Juice**

**Offered Every Day at Lunch:**

**Fresh Fruit and Vegetable Bar  
1% White Milk  
Fat Free White Milk  
Fat Free Flavored Milk**

**All meals comply with the National School Breakfast and Lunch Programs for nutrition compliance.**

**( ) Indicates Carbohydrate Count**

**Menu Subject to change based on availability.**

**This institution is an equal opportunity provider.**