# SHS Hot Lunch Menu by DELectable BBQ & Catering          October 2025

**Daily Lunch Options**

Baked Potato Bar w/entree sides $7.25; Naked Fruit Juice (10 oz) $3.00

8" Turkey & Cheese, Ham & Cheese, or Tuna Sub Sandwich with Chips; Ham, Turkey or Tuna Croissant with chips $7.85

BBQ Chicken, Chicken Caesar Salad Wrap, Southwest Chicken Wrap or Tofu Wrap with Chips $7.85

Caesar Salad, Greek Salad, House Salad - $7.25  Chicken Caesar Salad, Cobb Salad, Chicken Southwest Salad $7.85 Add Avocado - $1.00

| 29 | 30 | 1 | 2 | 3 |
|---|---|---|---|---|
| Homemade Tomato Soup<br>Grilled Cheese<br>Cookie | Bean & Cheese or Chicken, Beans & Cheese Burrito<br>Fresh Fruit<br>Chips & Salsa<br>Churro | Penne Pasta with Nonna's Homemade Meat Sauce or Butter Noodles<br>Fresh Veggies<br>Brownie | Chicken or Tofu Teriyaki<br>Rice<br>Oranges<br>Cookie | Fresh Made Pizza Cheese or Pepperoni<br>Oranges<br>Cookie |
| **6** | **7** | **8** | **9** | **10** |
| Beef or Vegetarian Chili<br>Cornbread<br>Fruit | Chicken Burrito Bowl<br>Black Beans<br>Cilantro Lime Rice<br>Chips & Salsa<br>Churro | Nonna's Homemade Meatball Sub<br>Fresh Veggies<br>Brownie | Cheeseburger, Hamburger or Veggie Burger<br>Tater Tots<br>Cookie | **NO SCHOOL** |
| **13** | **14** | **15** | **16** | **17** |
| Scratch Made Mac & Cheese<br>Applesauce<br>Cookie | Chicken or Cheese Quesadilla<br>Black Beans<br>Fresh Fruit<br>Churro | Fettuccini Alfredo<br>Fresh Veggies<br>Brownie | Hot Cakes<br>Sausage Links<br>Fresh Strawberries | Buttermilk Chicken Tenders<br>Corn<br>Applesauce<br>Cookie |
| **20** | **21** | **22** | **23** | **24** |
| Homemade Chicken Noodle Soup<br>Dinner Roll<br>Applesauce | Chicken Burrito Bowl<br>Black Beans<br>Cilantro Lime Rice<br>Chips & Salsa<br>Churro | Nonna's Homemade Meatball Sub<br>Fresh Veggies<br>Brownie | Cheeseburger, Hamburger or Veggie Burger<br>Tater Tots<br>Cookie | Chicken or Veggie Fried Rice<br>Edamame<br>Cookie |
| **27** | **28** | **29** | **30** | **31** |
| Chicken or Tofu Bahn Mi<br>Side Salad<br>Cookie | Roasted Drum Sticks<br>Corn on the Cob<br>Yogurt Parfait | Penne Pasta with Nonna's Homemade Meat Sauce or Butter Noodles<br>Carrots<br>Brownie | French Toast Bake<br>Sausage Links<br>Fresh Strawberries | Jack-O-Lantern Quesadilla<br>Fresh Fruit<br>Halloween Treat |

**Menu items contain gluten dairy, soy & eggs.  Gluten free, dairy free, soy free & egg free hot lunch options are available upon request.**