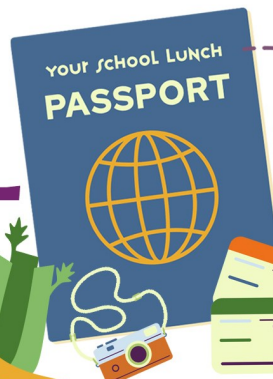


october HIGH SCHOOL

**NATIONAL SCHOOL
Lunch week**
October 13-17



BREAKFAST: Student \$2.25 • Adult: a la carte **LUNCH:** Student \$3.75 • Adult: \$5.75

BREAKFAST: Toast or Pop Tart & Cereal offered daily. Includes choice of milk. **LUNCH:** Includes entrée, vegetable, fruit & choice of milk.

<p>29 BREAKFAST Chocolate Filled Crescent OR Pop Tart & Cereal Raisels, Fruit Juice</p> <p>LUNCH Chicken Alfredo w/ Garlic Toast OR BBQ Beef Rib Sandwich OR Strawberry Yogurt Parfait w/ Muffin Steamed Broccoli French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p>30 BREAKFAST Chicken & Waffles OR Toast & Cereal Raisels, Fruit Juice</p> <p>LUNCH Hamburger/ Cheeseburger OR Fiestada Pizza OR Grilled Cheese Sandwich OR Crispy Chicken Salad w/ Flatbread Bahama Blend French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p>1 BREAKFAST Mini Cinnis OR Pop Tart & Cereal Raisels, Fruit Juice</p> <p>LUNCH Chicken Tenders OR Chicken Fried Steak Wheat Roll OR Italian Sub Sandwich OR Fruit/Cheese Plate w/ Muffin Mashed Potatoes w/ Cream Gravy Green Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p>2 BREAKFAST French Toast & Scrambled Eggs OR Pop Tart & Cereal Raisels, Fruit Juice</p> <p>LUNCH Soft Beef Tacos w/ Mexican Rice OR Breaded Mozzarella Cheese Sticks w/ Dip OR Crispy Buffalo Chicken Wrap OR Ham/Cheese Sub Sandwich Refried Beans French Fries Fresh Veg. of the Day Fruit Cup, Fruit Juice</p>	<p>3 BREAKFAST Mini Pancake OR Pop Tart & Cereal Raisels, Fruit Juice</p> <p>LUNCH Pepperoni Pizza/ Cheese Pizza OR Crispy Chicken Sandwich OR *Turkey Club Wrap OR Blueberry Yogurt Parfait w/ Muffin Whole Kernel Corn French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>
<p>6 BREAKFAST Soft Filled Cinnamon Toast Crunch Bar OR Pop Tart & Cereal Raisels, Fruit Juice</p> <p>LUNCH Beef/Cheese Nachos OR Hot/Spicy Chicken Sandwich OR Strawberry Yogurt Parfait w/ Muffin Refried Beans French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p>7 BREAKFAST Breakfast Pizza OR Toast & Cereal Raisels, Fruit Juice</p> <p>LUNCH State Fair Corn Dogs OR Hamburger/ Cheeseburger OR Crispy Buffalo Chicken Salad w/ Flatbread OR Mango Yogurt Parfait w/ Muffin Corn on the Cob French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice Fair Day Treat</p>	<p>8 BREAKFAST Glazed Donut & String Cheese OR Toast & Cereal Raisels, Fruit Juice</p> <p>LUNCH Chicken Nuggets OR Steak Fingers Wheat Roll OR Grilled Cheese Sandwich OR Cold Cut Combo Sub Sandwich Mashed Potatoes w/ Cream Gravy Green Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p>9 BREAKFAST Waffles w/ Strawberries/Cream OR Toast & Cereal Raisels, Fruit Juice</p> <p>LUNCH Beef Lasagna OR Crispy Chicken Drumsticks OR Crispy Caesar Chicken Salad Wheat Roll OR Blueberry Yogurt Parfait w/ Muffin Steamed Broccoli French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p>10 BREAKFAST Sausage w/ Biscuit & Gravy OR Pop Tart & Cereal Raisels, Fruit Juice</p> <p>LUNCH Pepperoni Pizza/ Cheese Pizza OR Chilli Frito Pie w/ Texas Toast OR Turkey/Ham/Cheese Sub Sandwich OR Crispy Chicken Wrap Whole Kernel Corn Tater Tots Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>

*Contains Pork

Fresh fruit offered daily

Menu Subject to change due to product availability



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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider.



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BREAKFAST: Toast or Pop Tart & Cereal offered daily. Includes choice of milk. **LUNCH:** Includes entrée, vegetable, fruit & choice of milk.

<div>join us for LUNCH</div> <div>NATIONAL SCHOOL</div> <div>Lunch week</div> <div>October 13-17</div> <div></div>		<div>15</div> <div>BREAKFAST</div> <div>Fruit Filled Frudel Strudel OR Pop Tart & Cereal Fruit Cup, Fruit Juice</div> <div>LUNCH</div> <div>Chicken Tenders OR Chicken Fried Steak Wheat Roll OR Strawberry Yogurt Parfait w/ Muffin Mashed Potatoes w/Cream Gravy Green Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice</div>	<div>16</div> <div>BREAKFAST</div> <div>Swirled Brkfst Roll OR Toast & Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Beef Taco Snack w/ Mexican Rice OR Hot/Spicy Chicken Sandwich OR Grilled Cheese Sandwich OR *Turkey Club Wrap Refried Beans French Fries Fresh Veg. of the Day Fruit Cup, Fruit Juice</div>	<div>17</div> <div>BREAKFAST</div> <div>Pancakes w/ Sausage Link OR Pop Tart & Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Pepperoni Pizza/ Cheese Pizza OR Hot Dog w/ Chili & Cheese OR Italian Sub Sand. OR Buffalo Chicken Wrap Steamed Broccoli French Fries Fresh Veg. of the Day Fruit Cup, Fruit Juice</div>
<div>20</div> <div>BREAKFAST</div> <div>Mini Cinnis OR Pop Tart & Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Sweet & Sour Chicken w/ Chicken Egg Roll & Seasoned Rice OR Fiestada Pizza OR Strawberry Yogurt Parfait w/ Muffin California Blend French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</div>	<div>21</div> <div>BREAKFAST</div> <div>* Breakfast Taco w/ Eggs/Bacon & Tots OR Toast & Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Hamburger/ Cheeseburger OR Macaroni/Cheese w/ Fish Nuggets & Hushpuppies OR Crispy Chicken Caesar Salad w/ Flatbread OR Cold Cut Sub Sand. Green Beans, Fries Fresh Veg. of the Day Fruit Cup, Fruit Juice</div>	<div>22</div> <div>BREAKFAST</div> <div>Cinnamon Roll & String Cheese OR Toast & Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Chicken Nuggets OR Steak Fingers Wheat Roll OR Fruit/Cheese Plate w/ Muffin OR *Turkey Club Wrap Mashed Potatoes w/Cream Gravy Ranch Beans Fresh Veg. of the Day Fruit Cup, Fruit Juice</div>	<div>23</div> <div>BREAKFAST</div> <div>Bagel filled w/ Cream Cheese OR Pop Tart & Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>*Pepperoni Calzone/ Cheese Calzone w/ Marinara Dip OR Crispy Chicken Sand. OR Turkey/Ham/Cheese Salad w/ Flatbread OR Blueberry Yogurt Parfait w/ Muffin Steamed Broccoli, Fries Fresh Veg. of the Day Fruit Cup, Fruit Juice</div>	<div>24</div> <div>BREAKFAST</div> <div>Chicken Biscuit Sandwich OR Toast & Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Pepperoni Pizza/ Cheese Pizza OR Chicken/Cheese Quesadilla OR Ham/Cheese Croissant Sand. OR Buffalo Chicken Wrap Whole Kernel Corn French Fries Fresh Veg/ of the Day Fruit Cup, Fruit Juice</div>
<div>27</div> <div>BREAKFAST</div> <div>Mini Pancakes OR Pop Tart & Cereal Raisels Fruit Juice</div> <div>LUNCH</div> <div>Beef/Cheese Nachos OR Hot/Spicy Chicken Sandwich OR Strawberry Yogurt Parfait w/ Muffin Refried Beans French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</div>	<div>28</div> <div>BREAKFAST</div> <div>Waffles w/ Strawberries/Cream OR Toast & Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Pepperoni Pizza/ Cheese Pizza OR Chopped BBQ Beef Sandwich OR Buffalo Chicken Salad w/ Flatbread OR Turkey/Cheese Wrap Ranch Beans Onion Rings Fresh Veg. of the Day Fruit Cup, Fruit Juice</div>	<div>29</div> <div>BREAKFAST</div> <div>Breakfast Pizza OR Toast & Cereal Raisels, Fruit Juice</div> <div>LUNCH</div> <div>Chicken Tenders OR Chicken Fried Steak Wheat Roll OR Mango Yogurt Parfait w/ Muffin OR Italian Sub Sand. Mashed Potatoes w/Cream Gravy Green Beans Fresh Veg. of the Day Fruit Cup, Fruit Juice Halloween Treat</div>	<div>30</div> <div>BREAKFAST</div> <div>Mini Cinnamon Crumb Loaf OR Pop Tart & Cereal Raisels, Fruit Juice</div> <div>Early Release LUNCH</div> <div>Crispy Chicken Sandwich OR Grilled Cheese Sandwich Baked Chips Baby Carrots Fresh Vegetable of the Day Fruit Cup Fruit Juice</div>	<div>31</div> <div>BREAKFAST</div> <div>*Sausage Rolls OR Toast & Cereal Raisels Fruit Juice</div> <div>Early Release LUNCH</div> <div>Hamburger Cheeseburger OR Grilled Cheese Sandwich Baked Chips Baby Carrots Fresh Vegetable of the Day Fruit Cup Fruit Juice Wiggles Frt. Juice Gels</div>

*Contains Pork

Fresh fruit offered daily

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