

SOUTH HADLEY HIGH SCHOOL

OCTOBER 2026

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<u>BREAKFAST</u> REMINDER! SERVING BREAKFAST. DAILY 7:00AM TO 7:20AM	<u>LOOKING FOR A PART-TIME JOB?</u> THE FOOD SERVICE DEPARTMENT IS LOOKING FOR SUBSTITUTE EMPLOYEES. IF INTERESTED, PLEASE CALL 538-5074 EXT. 4724.		1 <u>GENERAL'S CHICKEN</u> RICE PILAF ORIENTAL MIXED VEGETABLES DINNER ROLL FORTUNE COOKIE PINEAPPLE TID BITS	2 <u>BIG DADDY'S CHEESE PIZZA</u> TOSSED SALAD W/ DRESSING CHILLED FRUIT CHIC-PEA SALAD OTIS SPUNKMEYER COOKIES
5 <u>FRENCH BREAD PIZZA</u> BROCCOLI SALAD CHILLED FRUIT	6 <u>CRISPY CHICKEN NUGGETS</u> W/ DIPPING SAUCE HERBED NOODLES CARROTS MIXED FRUIT	7 <u>GRILLED HAM & CHEESE</u> MINI FRITOS CHERRY TOMATOES FRUIT CRISP W/ TOPPING	8 <u>MOM'S SHEPARD'S PIE</u> CORN NIBBLETES GRAVY BREAD & BUTTER CINNAMON APPLES	9 <u>NEW BOSTON'S "RED'S BEST" FISH STICKS</u> W/ "SPLASHTASTIC" SAUCE TATER SQUARES GREEN BEANS CHILLED FRUIT OTIS SPUNKMEYER COOKIES
12 <i>INDIGENOUS PEOPLE DAY</i> <i>NO SCHOOL</i>	13 <u>CHICKEN FAJITA BOWLS</u> PEPPERS & ONIONS SALSA & LIGHT SOUR CREAM RICE & BEANS STEAMED CORN CINNAMON APPLE SAUCE	14 <u>TURKEY & CHEESE ON A BULKIE ROLL</u> LETTUCE & TOMATO RED FAT POTATO CHIPS CUCUMBER WHEELS DICED PEARS	15 <u>CHICKEN ALA KING</u> MIXED VEGETABLES MASHED POTATOES BREAD & BUTTER CRANBERRY SAUCE SLICED PEACHES	16 <u>ASSORTED SANDWICHES</u> CHICKEN NOODLE SOUP GOLDFISH CRACKERS 3-BEAN SALAD BABY CARROTS CHILLED FRUIT OTIS SPUNKMEYER COOKIES
19 <u>CHICKEN PATTIE SANDWICH</u> LETTUCE & TOMATO ASSORTED CHIPS STEAMED PEAS CHILLED FRUIT	20 <u>PEPPERONI & CHEESE PAN PIZZA</u> TOSSED SALAD W/DRESSING MIXED FRUIT	21 <u>CRISPY CHICKEN CAESAR WRAPS</u> GOLDFISH CRACKERS FRESH VEGGIE STICKS PINEAPPLE TID BITS MINI RICE KRISPIE TREAT	22 <u>PASTA W/ HOMEMADE MEAT SAUCE</u> GREEN BEANS BREAD & BUTTER SLICED PEACHES	23 <u>MOZZARELLA STICKS</u> MARINARA SAUCE RICE PILAF HERBED GREEN BEANS APPLE SAUCE OTIS SPUNKMEYER COOKIES
26 <u>GILARDI STUFFED CRUST CHEESE PIZZA</u> CAESAR SALAD W/ CROUTONS MIXED FRUIT	27 <u>DORITOS "WALKING TACO"</u> NACHO DORITO BAG LOADED WITH YOUR FAVORITE TOPPINGS: BEEF, CHEESE, TOM, LETT, SALSA & SOUR CREAM MEXICAN CORN RICE & BEANS DICED PEARS	28 <u>ITALIAN COLD CUT GRINDERS</u> LETTUCE, TOMATO, & CHEESE MINI PRETZELS CUCUMBER WHEELS W/ DIP CHILLED PEACHES MINI RICE KRISPIE TREAT	29 <u>BACON RANCH PULLED CHICKEN SANDWICHES</u> TATER TOTS GREEN BEANS CHILLED FRUIT	30 <u>HAPPY HALLOWEEN!!!!</u> <u>"ARNOLD'S" GRILLED FRANKEN-FRANKS</u> BOOOOEY-BAKED BEANS "CREEPY"- CHIPS "BANSHEE"-BABY CARROTS "ECTOPLASM"-COLESLAW "BROOKEE"- COOKIE"

BREAKFAST AND LUNCH IS FREE TO ALL STUDENTS! LUNCH MEALS INCLUDE MILK & ASSORTED WHOLE FRUIT. ADDITIONAL MILK IS 50 CENTS. LARGE SALADS, YOGURT, AND ASSORTED SANDWICHES ARE AVAILABLE DAILY AS A TYPE "A" MEAL ALTERNATIVE. THE MENU IS SUBJECT TO CHANGE.