

		HIGH SCHOOL				OCTOBER	
BREAKFAST							
MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
Breakfast Entrée		Breakfast Entrée		Breakfast Entrée		Breakfast Entrée	
Sausage, Pancake on Stick		Cheese Omelet w/ 1 C Potato (4) & 1 Sice WG Toast		Chicken & Waffles Choose 2 Daily Breakfast Alternatives Mini Loaves or Nutrigrain, Cheese Stick, WG crackers Choose 1: Poptart (limit 1), Assorted Donuts (1), Yogurt (limit 1), Assorted Cereal (2oz -1)		Egg Bites (2) w/ Potato (4)	
						Daily Breakfast consist of 1 Main Entrée with fruit and or juice and milk OR Daily Breakfast Alternative "Choose 2" WITH 1/2 C fruit and/or juice and milk to make a complete meal	
MAIN ENTRÉE							
MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
9/28/2026		9/29/2026		9/30/2026		10/1/2026	
Mini Corn Dog Nuggets (6) w/ WG Roll OR Daily alternative Vegetable of the day Baked Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk		Popcorn Chicken w/ Cheddar Cheese & Gravy OR Daily alternative Vegetable of the day 1/2 C Mashed Potatoes/1/4 C Corn Fresh Vegetable Choice Assorted Fruit Choice of Milk		HOT OFF THE GRILL! Turkey & Swiss on the Grill on Texas Toast OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choice Assorted Fruit Choice of Milk		Cherry Blossom Chicken w/ Fried Rice OR Daily alternative Vegetable of the day Oriental Veggies Fresh Vegetable Choice Assorted Fruit Choice of Milk	
						Bag of Baked Lays	
10/5/2026		10/6/2026		10/7/2026		10/8/2026	
Cheeseburger Macaroni w/ Breadstick Vegetable of the day Steamed Cauliflower Fresh Vegetable Choice Assorted Fruit Choice of Milk		Pizza Crunchers (4) w/ Marinara OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk		French Toast Sticks (4) w/ Sausage Patty OR Daily alternative Vegetable of the day Sweet Potato Fries Fresh Vegetable Choice Assorted Fruit Choice of Milk		W/ Chicken, Cheese Sauce, Sr Cream & Salsa Nachos Grande OR Daily alternative Vegetable of the day Black Bean & Corn Salad Fresh Vegetable Choice Assorted Fruit Choice of Milk	
						Bag of Baked Lays	
10/12/2026		10/13/2026		10/14/2026		10/15/2026	
Ringmaster Rotini w/ Breadstick OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk		Big Top Bacon Burgers w/ Ring of Fire Onion Ring on WG Bn OR Daily alternative Vegetable of the day C Fresh Vegetable Choices Assorted Fruit Choice of Milk				Twisted Pretzel w/ Queso Dip OR Daily alternative Vegetable of the day Tightrope Tater Tots Fresh Vegetable Choices Assorted Fruit Choice of Milk	
						Bag of Baked Lays	
10/19/2026		10/20/2026		10/21/2026		10/22/2026	
Grilled Chicken Plank w/Sauce & Cheese w/ Spaghetti & WG Breadstick OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk		Cheeseburger on WG Bun OR Daily alternative Vegetable of the day French Fries Fresh Vegetable Choices Assorted Fruit Choice of Milk		Buffalo Chicken, Ranch, Cheddar, on WG Flatbread drizzled w/ Buffalo Ranch OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk		Beef Nachos on WG Tortilla Chips OR Daily alternative Vegetable of the day Seasoned Black Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	
						Bag of Baked Lays	
10/26/2026		10/27/2026		10/28/2026		10/29/2026	
Philly Cheese Steak Hoagie (WG) w/ sauteed green peppers & Cheese sauce OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk		Breaded Drumstick on WG Bun OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk		Hot Ham & Cheese on Pretzel Bun OR Daily alternative Vegetable of the day Baked Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk		HOT OFF THE GRILL! Chicken & Cheese Quesadilla w/ Cheddar Cheese OR Daily alternative Vegetable of the day Steamed Corn Fresh Vegetable Choices Assorted Fruit Choice of Milk	
						Bag of Baked Lays	
What is a Meal? Students must choose at least 3/5 components available. A minimum of 1/2 cup serving of fruit AND/OR a minimum of 1/2 cup of vegetable must accompany a reimbursable lunch. Meat or Meat alternative Grain/Bread Choice of Vegetable Choice of Fruit Choice of Milk: 1% white, FF white, FF chocolate, FF vanilla **STUDENTS MAY TAKE UP TO 1 CUP FRUIT AND 1 CUP VEGETABLE BUT MUST CHOOSE MINIMALLY 1/2 CUP OF FRUIT OR VEGETABLE Weekly Vegetable Subgroups May Include: Dark Green: Spinach, broccoli, romaine, and spring salad Red/Orange: Carrots, Sweet Potatoes, tomatoes and red peppers Legumes: Beans Starchy: Potatoes, corn, peas, lima beans Other Vegetables: Celery, Cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers		WEEKLY SPECIALTY PIZZA BAR WEEK 1 FRENCH BREAD PIZZA WEEK 2 STUFFED CRUST PIZZA WEEK 3 MEAT LOVERS STROMBOLI WEEK 4 CHEESE CALZONE W/ MARINARA WEEK 5 PIZZA STICKS DAILY PIZZA - PEPPERONI OR CHEESE		Adult Pricing: \$5.05- Lunch \$3.05 -Breakfast Students: LUNCH- FREE POSITION AVAILABLE AT HS- 8:15-1:15PM MONDAY- FRIDAY CURRENTLY AVAILABLE! SEE WEBSITE OR CONTACT THE FOOD SERVICE DEPARTMENT FOR DETAILS SEE WEBSITE FOR DETAILS		ALA CARTE PRICE FOR MILK \$.65 (A STUDENT CAN TAKE A MILK FOR FREE IF ACCOMPANIED BY 2 OTHER COMPONENTS AND 1 BEING AT LEAST A 1/2 C FRUIT OR VEGETABLE)	
				Food Service Director: swaffensmith@goldenrams.com			
		MONDAY, WED, FRIDAY:		RAMS RACK DAILY ALTERNATIVES CHICKEN PATTY ON WG BUN VEGGIE OR CHICKEN SALAD SPICY CHICKEN ON WG BUN Caramel Apple Parfait PEANUT BUTTER & JELLY OPTION w/ Cheese Stick & Crackers			
		TUESDAYS & THURSDAYS:					
This institution is an equal opportunity provider and employer		Menu subject to change- Supply Chain issues are still fluid and unstable. Last minute changes could be necessary until further notice.					