

STISSING MOUNTAIN GRADES 6–12 - LUNCH ALTERNATIVES

Everyday choices listed once, with rotating sandwich and salad choices by date. Featured lunch is on the prior page.

**MEALS AT NO COST
FOR ALL STUDENTS****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****Available every day**

On scheduled lunch days for the grades shown. Select an item for serving sizes, carbohydrates, and nutrition.

SANDWICH CHOICES

Cheese Sandwich ~35.4 g

Ham & Cheese Sandwich ~29.7 g

Buffalo Chicken Sandwich with Cheese ~42 g

Crispy Chicken Sandwich - No Cheese ~40 g

Turkey Sandwich - No Cheese ~29.3 g

Grape Uncrustables PB&J - 5.3 oz ~64 g

Crispy Chicken Sandwich with Cheese ~42 g

Turkey & Cheese Sandwich ~31.3 g

Grilled Cheese Sandwich ~26.6 g

Ham Sandwich - No Cheese ~27.7 g

Buffalo Chicken Sandwich - No Cheese ~40 g

All-American Cheeseburger on a Whole-Grain Bun ~28 g

October 1**SANDWICH:** Bomber Panini on House Focaccia ~32.8 g**SALAD:** NY Roast Turkey, Cheddar & Apple Salad ~35.6 g**October 2****SANDWICH:** BBQ Meatball & Cheddar on a Whole-Grain Bun ~53 g**SALAD:** Chicken Caesar Salad ~49.6 g**October 5****SANDWICH:** Huli Huli Chicken Sandwich ~47.1 g**SALAD:** Pineapple-Cabbage Chicken Salad ~52.8 g**October 6****SANDWICH:** Turkey Breakfast Sandwich ~30 g**SALAD:** Harvest Egg Salad Plate ~29 g**October 7****SANDWICH:** Roast Turkey & NY Apple Wrap ~42 g**SALAD:** Harvest Chicken Salad ~53.5 g**October 8****SANDWICH:** Roasted Vegetable & Mozzarella Panini ~38 g**SALAD:** Italian Chicken Chopped Salad ~24.3 g**October 9****SANDWICH:** NY Elk & Venison Sausage **carb choices****October 12**

Schools closed — no meal service

October 13**SANDWICH:** Smoked Beef Bánh Mì ~41.6 g**SALAD:** Deviled Egg Harvest Salad ~29 g**October 14****SANDWICH:** Triple-Stack Grilled Cheese ~42.4 g**SALAD:** Southwest Chicken Salad ~60.5 g**October 15****SANDWICH:** Crispy BBQ Chicken Wrap ~68.7 g**SALAD:** Fall Harvest Salad ~53.5 g**October 16****SANDWICH:** Roasted Turkey Caprese Panini ~33 g**SALAD:** Spinach-Strawberry Chicken Salad ~42.4 g**October 19****SANDWICH:** Turkey-Apple-Cranberry Panini ~51.1 g**SALAD:** NY Turkey, Cheddar & Apple Salad ~35.6 g**October 20****SANDWICH:** Ranch Chicken Wrap ~32 g**SALAD:** Fall Chicken Salad ~53.5 g**October 21****SANDWICH:** French-Onion Sloppy Joe ~43.1 g**SALAD:** Deviled Egg Harvest Salad ~29 g**October 22****SANDWICH:** Three-Cheese Melt ~28.8 g**SALAD:** Sesame Chicken Cabbage Salad ~48.5 g**October 23****SANDWICH:** Honey-Mustard Chicken Wrap ~34.1 g**SALAD:** NY Roast Turkey, Cheddar & Apple Salad ~35.6 g**October 26****SANDWICH:** Three-Cheese Melt ~28.8 g**SALAD:** Fall Chicken Salad ~53.5 g**October 27****SANDWICH:** Tavern Ham, NY Apple & Gruyère Panini ~43.2 g**SALAD:** Roast Turkey, Cheddar & NY Apple Salad ~35.6 g**October 28****SANDWICH:** General Tso's Chicken ~31.6 g**SALAD:** Sesame Chicken Cabbage Salad ~48.5 g**October 29****SANDWICH:** Monster Eye Fruit Sando Power Pack ~43.3 g**SALAD:** NY Turkey, Cheddar & Apple Salad ~35.6 g**October 30****SANDWICH:** Frankenstein Roast Beef Wrap ~33.1 g**SALAD:** Monster Garden Chicken Salad ~39.4 g

Grades 6–12 may choose the featured lunch or the listed sandwich or entrée salad. Menus may change based on availability.

Carbohydrates: grams (g). Ranges vary by grade and serving. Match the portion in Day details. Grade-specific choices are labeled.