

OCTOBER MENU JUNIOR HIGH

BREAKFAST: Student \$2.35 | Adult: a la carte **LUNCH:** Student \$3.85 | Reduced \$0.40 | Adult \$6.00

BREAKFAST: Toast or Pop Tart & Cereal offered daily. Includes choice of milk.

LUNCH: Includes entree, vegetable, fruit & choice of milk.

19 Breakfast Chocolate Filled Croissant OR Pop Tart & Cereal Fresh Fruit Craisins Fruit Juice Lunch Chicken Alfredo Roll OR BBQ Rib Sandwich OR Strawberry Yogurt Parfait w/ Muffin French Fries Broccoli Vegetable of the Day Fruit Cup Fruit Juice	20 Breakfast Biscuit w/ Sausage Patty & Cream Gravy OR Toast & Cereal Fresh Fruit Raisels Fruit Juice Lunch Hamburger Cheeseburger OR Fiestada Pizza OR Blueberry Yogurt Parfait w/ Muffin French Fries Bahama Blend Vegetables Vegetable of the Day Grapes Fruit Juice	21 Breakfast Waffles Assorted OR Toast & Cereal Fresh Fruit Craisins Fruit Juice Lunch Chicken Tenders Chicken Fried Steak Roll OR Grilled Cheese Sandwich OR Italian Sub Sandwich Mashed Potatoes w/ Cream Gravy California Blend Vegetables Vegetable of the Day Fruit Cup Fruit Juice	22 Breakfast * Breakfast Tacos & Tater Tots OR Pop Tart & Cereal Fresh Fruit Raisels Fruit Juice Lunch Spaghetti Bolognese Brazilian Cheese Bread OR Crispy Chicken Sandwich Yogurt Mandarin Parfait w/ Muffin OR Turkey & Cheese Croissant Corn on the Cob Romaine Salad Mandarin Oranges Fruit Juice	23 Breakfast Fruit Frudel OR Toast & Cereal Fresh Fruit Craisins Fruit Juice Lunch Cheese Pizza Pepperoni Pizza OR Mango Habanero Chicken w/ Roll OR Buffalo Chicken Wrap OR Cold Cut Sandwich Sidewinder Fries Green Beans Vegetable of the Day Fruit Cup Fruit Juice
26 Breakfast Breakfast Pizza OR Pop Tart & Cereal Fresh Fruit, Craisins Fruit Juice Lunch Beef & Cheese Nachos OR Hot & Spicy Chicken Sandwich OR Strawberry Yogurt Parfait w/ Muffin French Fries Refried Beans Vegetable of the Day Fruit Cup Fruit Juice	27 Breakfast Breaded Chicken Sandwich OR Pop Tart & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Cheese Pizza Pepperoni Pizza OR Corn Dogs OR Buffalo Chicken Salad OR Mango Yogurt Parfait w/ Muffin French Fries Green Beans Vegetable of the Day Watermelon Fruit Juice	28 Breakfast Cinnamon Roll String Cheese OR Toast & Cereal Fresh Fruit, Craisins Fruit Juice Lunch Chicken Smackers Steak Fingers Roll OR *Turkey Club Wrap OR Blueberry Yogurt Parfait w/ Muffin Mashed Potatoes w/ Cream Gravy, Ranch Beans Vegetable of the Day Mandarin Oranges Fruit Juice	29 Breakfast Pancakes & Eggs w/ Cheese OR Toast & Cereal Fresh Fruit, Raisels Fruit Juice Lunch Lasagna Chicken Drumstick Roll OR Turkey, Ham & Cheese Salad OR Fruit & Cheese Plate French Fries Broccoli Vegetable of the Day Fruit Cup Fruit Juice	30 Breakfast Bagel w/ Cream Cheese OR Pop Tart & Cereal Fresh Fruit, Craisins Fruit Juice Lunch Hamburger Cheeseburger OR Grilled Cheese Sandwich Baked Chips Vegetable of the Day Fruit Cup Fruit Juice EARLY RELEASE

*Contains Pork • Fresh Fruit offered daily • Menu Subject to change due to product availability

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5 Breakfast
Mini Cinnis
OR
Pop Tart & Cereal
Fresh Fruit
Craisins

Lunch
Sweet & Sour Chicken
Seasoned Rice
Roll
OR
Mozzarella Sticks
w/ Marinara Sauce
OR
Strawberry Yogurt Parfait
w/ Muffin
French Fries
Green Beans
Vegetable of the Day
Fruit Cup
Fruit Juice

6 Breakfast
Biscuit w/ Eggs
and Cheese
OR
Toast & Cereal
Fresh Fruit
Raisels

Lunch
Corn Dogs
OR
Hamburger
Cheeseburger
OR
Mango Yogurt Parfait
w/ Muffin
French Fries
Corn on the Cob
Vegetable of the Day
Funnel Cake
Fruit Cup
Fruit Juice

7 Breakfast
Glazed Donut
String Cheese
OR
Toast & Cereal
Fresh Fruit
Craisins

Lunch
Chicken Tenders
Chicken Fried Steak
Roll
OR
Ham & Cheese Sub
Sandwich
OR
Grilled Cheese Sandwich
Mashed Potatoes
w/ Cream Gravy
Peas and Carrots
Vegetable of the Day
Grapes
Fruit Juice

8 Breakfast
French Toast Sticks
Sausage Patty
OR
Pop Tart & Cereal
Fresh Fruit
Raisels

Lunch
Spaghetti
w/ Meat Sauce
OR
Chicken Drumstick
Garlic Toast
OR
Turkey, Ham & Cheese
Salad w/ Flat Bread
OR
Mandarin Yogurt Parfait
w/ Muffin
French Fries
Bahama Blend Veg.
Tossed Salad
Fruit Cup
Fruit Juice



13 Breakfast
Chicken & Waffles
OR
Toast & Cereal
Fresh Fruit
Raisels

Lunch
Hamburger
Cheeseburger
OR
Cheese Bites
w/ Marinara Sauce
OR
Crispy Chicken Wrap
French Fries
Vegetable of the Day
Pineapple Tidbits
Fruit Juice

14 Breakfast
Breakfast Swirl Roll
OR
Toast & Cereal
Fresh Fruit
Craisins

Lunch
Chicken Tenders
Steak Fingers
Roll
OR
Crispy Chicken Caesar
Salad
OR
Mango Yogurt Parfait
w/ Muffin
Mashed Potatoes
w/ Cream Gravy
Whole Kernel Corn
Vegetable of the Day
Sliced Apples
Fruit Juice

15 Breakfast
Biscuit Sandwich w/
Sausage & Cheese
OR
Pop Tart & Cereal
Fresh Fruit
Raisels

Lunch
Cheese Calzone
Pepperoni Calzone
OR
Crispy Chicken Sandwich
OR
* Turkey Club Sandwich
OR
Fruit and Cheese Plate
French Fries
Broccoli
Romaine Salad
Fruit Cup
Fruit Juice

16 Breakfast
* Sausage Rolls
OR
Toast & Cereal
Fresh Fruit
Craisins

Lunch
Cheese Pizza
Pepperoni Pizza
OR
Chili Frito Pie
w/ Roll
OR
Mandarin Yogurt Parfait
w/ Roll
OR
Cold Cut Sub Sandwich
French Fries
Bahama Blend Vegetables
Fruit Cup
Fruit Juice

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