

OCTOBER MENU HIGH SCHOOL

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 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 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 Crispy Chicken Sandwich OR Grilled Cheese Sandwich French Fries Vegetable of the Day Fruit Cup Fruit Juice EARLY RELEASE	30 Breakfast Bagel with Cream Cheese String 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	NO SCHOOL
NO SCHOOL	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 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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