

OCTOBER 2017

Middle/High Lunch Menu

MONDAY

CHICKEN
FAJITA WRAPS
BLACK BEANS
ASSORTED FRESH
OR
CANNED FRUIT

2

TUESDAY

SCALLOPED
POTATOES & HAM
GREEN BEANS
ASSORTED FRESH
OR
CANNED FRUIT
OR
HAM SANDWICH

3

WEDNESDAY

MEATBALL SUB
FRESH CRISP ROMAINE
SALAD
ASSORTED FRESH
OR
CANNED FRUIT
OR
TUNA SALAD WRAP

4

THURSDAY

CHICKEN NUGGETS
STEAMED BROCCOLI
*FRUITED CABBAGE
SALAD - SAMPLED @ END
OF LAST YEAR*
ASSORTED FRESH OR
CANNED FRUIT OR
BUFFALO CHICKEN
WRAP

5

FRIDAY

TOASTED CHEESE
&
TOMATO SOUP
CARROTEENIES
ASSORTED FRESH
OR CANNED FRUIT
OR
EGG SALAD SANDWICH

6

NO
SCHOOL

COLUMBUS DAY

9

NEW:
MEXICAN CHICKEN
OVER RICE
CORN
ASSORTED FRESH
OR
CANNED FRUIT

10

TURKEY
SUB
HOMEMADE SOUP
ASSORTED FRESH
OR
CANNED FRUIT

11

CHICKEN
QUESADILLAS
PIZZA
FRESH CRISP ROMAINE
SALAD
ASSORTED FRESH
OR
CANNED FRUIT OR
PLAIN BAGEL

12

ESKIMO
ADVENTURE
CARROTEENIES
ASSORTED FRESH
AND
CANNED FRUIT
OR
EGG SALAD SANDWICH

13

COWBOY BURGER
SWEET POTATO
FRIES
ASSORTED FRESH
OR
CANNED FRUIT

16

CHICKEN
PARMESAN OVER
GARLIC NOODLES
SALAD
ASSORTED FRESH
OR
CANNED FRUIT OR
TURKEY & CHEESE
SANDWICH

17

AMERICAN
SUB
HOMEMADE SOUP
ASSORTED FRESH
OR
CANNED FRUIT

18

CHICKEN GRAVY
& BISCUITS
BEETS
ASSORTED FRESH
OR
CANNED FRUIT
OR
CHICKEN SALAD WRAP

19

PIZZA
ROMAINE SALAD W/
CHICK PEAS
ASSORTED FRESH
OR
CANNED FRUIT
OR
EGG SALAD SANDWICH

20

MAC & CHEESE
W/G ROLL
PEAS
ASSORTED FRESH

23

TACO SALAD
CORN &
BLACK BEANS
ASSORTED FRESH
OR
CANNED FRUIT
OR
TUNA SALAD WRAP

24

BAKED CHICKEN
MASHED POTATOES
& GRAVY
GREEN BEANS
ASSORTED FRESH
OR
CANNED FRUIT OR
HAM & CHEESE
SANDWICH

25

HOT
CHEESE BAGEL
BRUSSEL SPROUTS
ASSORTED FRESH
OR
CANNED FRUIT
OR
EGG SALAD SANDWICH

26

NO SCHOOL
SUPERINTENDENT'S
CONFERENCE DAY
STAFF ONLY

27

ITALIAN DUNKERS
PEAS
ASSORTED FRESH
OR
CANNED FRUIT

30

GHOULASH
W/G ROLL
FRESH CRISP ROMAINE
SALAD
ASSORTED FRESH
OR
CANNED FRUIT OR
TURKEY & CHEESE
SANDWICH

31

DID YOU KNOW?

More US presidents have been born in
October than in any other month.

MEAL PRICES:

Breakfast - NO CHARGE
Extra Breakfast- \$1.50
Middle-Lunch \$2.25
Reduced \$.25
Extra Meal:
Middle- \$2.75
Extras - \$.70-\$1.75
Milk or Juice - \$.65

OFFERED DAILY: PBJ,
YOGURTS, SALAD

*Breads are whole grain,
wheat or whole grain white

Milk:1%, Low Fat Choc. & Skim

Have you turned in your
new application for this
school year? Please
return by October 6th,
students with no
application on file will
return to full pay.

Menu subject to
change depending
on availability of food
product

USDA is an equal
opportunity provider and
employer.