

OCTOBER 2020

Middle/High School Lunch Menu Mon/Tues & Thru/Fri

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW?

September in the Northern Hemisphere is similar to March in the Southern Hemisphere.

5
SLOPPY JOE
OR EGG
SALAD
SANDWICH
VEGGIE
FRUIT

6
FISH OR HAM
& CHEESE
SANDWICH
FRIES
FRUIT
MILK

7

1
SLOPPY JOE OR
EGG SALAD
SANDWICH
VEGGIE
FRUIT
MILK

2
FISH OR
TUNA SALAD
SANDWICH
FRIES
FRUIT
MILK

8
CHICKEN PATTIE
OR
TURKEY & CHEESE
SANDWICH
VEGGIE, FRUIT
MILK

9
BUFFALO MAC &
CHEESE W/ ROLL
OR TUNA SALAD
SANDWICH
SALAD, FRUIT
MILK

12
NO SCHOOL

COLUMBUS
DAY

13
BUFFALO MAC &
CHEESE W/ ROLL
OR TUNA SALAD
SANDWICH
SALAD, FRUIT
MILK

14

15
SCALLOPED
POTATOES & HAM
W/ ROLL OR EGG
SALAD SANDWICH
VEGGIE, FRUIT
MILK

16
PIZZA
OR TUNA
SALAD
SANDWICH
SALAD, FRUIT
MILK

19
SCALLOPED
POTATOES & HAM
W/ ROLL OR
TURKEY & CHEESE
SANDWICH
VEGGIE, FRUIT
MILK

20
PIZZA
OR CHICKEN
SALAD
SANDWICH
SALAD, FRUIT
MILK

21

22
ITALIAN SUB
OR HOT
CHEESE BAGEL
VEGGIE
FRUIT
MILK

23
MEATBALL SUB
OR HAM & CHEESE
SANDWICH
SALAD
FRUIT
MILK

26
ITALIAN SUB
OR HOT
CHEESE BAGEL
VEGGIE
FRUIT
MILK

27
MEATBALL SUB
OR HAM & CHEESE
SANDWICH
SALAD
FRUIT
MILK

28

29
HAMBURGER
OR EGG SALAD
SANDWICH
VEGGIE
FRUIT
MILK

30
CHICKEN
PATTIE OR
TUNA SALAD
SANDWICH
VEGGIE, FRUIT
MILK

**ALL STUDENTS
EAT FREE
BREAKFAST
& LUNCH!**

**WE STILL NEED
APPLICATIONS TO
BE TURNED IN**

THANK YOU!
Milk: 1%, Skim

or Low Fat Chocolate
Breads: Whole Grain,
Wheat or Whole Grain
White

**No School on
Columbus Day
October 12TH**

School Info

Please turn in your
free & reduced
applications by
Monday October 19th

Menu subject to
change
depending on
availability
of food product.

USDA is an equal
opportunity provider
and employer.