

OCTOBER 2018

High School Menu

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 *Please Note This Menu is Subject To Change. Changes will be made on the Meal viewer APP.

Monday

Chili with Grilled Cheese
 Or
 CornDog **1**

Steamed Broccoli
 Baked Potato Half
 Fruit Cup
 Side Salad

Meatball Sub
 or
 Spicy or Plain Chicken Sandwich **8**

Baked Tator Tots
 Cheesy Baked Zucchini
 Side Garden Salad
 Fruit Cup

Chicken Poppers
 Plain, Buffalo, BBQ
 Or Deli Wrap **15**

Mac and Cheese
 Baked Potato Wedges
 Mixed Steamed Veggies
 Fruit Cup

Wings or
 BBQ Sliders **22**

Baked Potato Wedges
 Baked Beans
 Veggie Dippers/Ranch
 Fruit Cup

Cheeseburger or
 Cheese Sticks and Marinara dip **29**

Baked Tator Tots
 Corn Nuggets
 Veggie Dippers
 Fruit Cup

Tuesday

Chicken Spaghetti
 Or
 BBQ Sliders **2**

Green Beans
 Glazed Carrots
 Fruit Cup
 Side Salad

Breakfast for Lunch **9**

Sausage Biscuit or
 Pancakes & Sausage Link
 Hash brown
 Blueberry Crisp
 Carrot Sticks

Taco Bar (Chicken or Beef) **16**

Nachos or Taco Salad

Spanish Rice
 Mexi Corn and
 Pinto Beans
 Salsa, Sourcream, lettuce, tomato
 Fruit Cup

Crispitos with
 Salsa & Sour cream or
 Deli Sub Sandwich **23**

Lettuce Tomato and Pickle
 Spanish Rice
 Steamed Mixed Veggies
 Pinto Beans
 Fruit Cup

Chicken Sandwich
 Buffalo or Plain
 Or Deli Sub **30**

Green Beans
 Sweet Potato Fries
 Side Garden Salad
 Fruit Cup

Wednesday

Chicken Tenders **3**

Mac and Cheese
 Baked Potato Wedges
 Mixed Steamed Veggies
 Fruit Cup

Cheese Sticks and Marinara
 or
 Cheeseburger **10**

Baked Glazed Sweet Potatoes
 Steamed Broccoli
 Fruit Cup

National Pasta Day **17**

Spaghetti
 With Meatballs

Baked Tator Tots
 Cheesy Baked Zucchini
 Side Caesar Salad
 Fruit Cup

Stromboli
 or
 Fish Sandwich **24**

Steamed Broccoli
 Sweet Potato Fries
 Fruit Cup

Happy Halloween
 Chili with Grilled Cheese
 Or CornDog **31**

Steamed Broccoli
 Baked Potato/Toppings
 Fruit Cup
 Side Garden Salad

Thursday

National Taco Day **4**

Taco Bar (Chicken or Beef)
 Nachos or Taco Salad
 Mexi Corn and
 Pinto Beans
 Salsa, sour cream, lettuce, tomato
 Fruit Cup

Crispitos with
 Salsa & Sour cream or
 Deli Sub Sandwich **11**

Lettuce Tomato and Pickle

Steamed Mixed Veggies
 Pinto Beans
 Fruit Cup

Poppy seed Chicken
 or
 Beef Tips **18**

Rice/Gravy
 Peas and Carrots
 Side Salad
 Fruit Cup

Salisbury Steak
 Or
 Hotdog **25**

Mashed Potatoes
 Carrot Soufflé
 Cornbread
 Side Garden Salad
 Fruit Cup

Friday

Stuffed Crust Cheese Pizza
 Or Deli Sandwich **5**

Baked Fries
 Side Garden Salad
 Corn on the Cob
 Fruit Cup

Personal Pan Pizza **12**

Or Buffalo Chicken Pizza
 Corn
 Baked Fries
 Side Garden Salad
 Fruit Cup

Cheese or Pepperoni Pizza **19**

Or Deli Sandwich

Baked Fries
 Side Garden Salad
 Corn on the Cob
 Fruit Cup

Stuffed Crust
 Cheese or Pepperoni Pizza **26**

Corn
 Baked Fries
 Side Garden Salad
 Fruit Cup

