



SENIOR HIGH - LUNCH MENU - OCTOBER 2016



Homemade Pizza Everyday!!! 30 grams
 Sub Sandwich Everyday!! Whole Grain Bread- 23 grams
 Chocolate Milk -25 grams -Strawberry -28 grams - White -13 grams
 Subject to change

Mon. Oct. 3	Tues. 4	Wed 5	Thurs. 6	Fri. 7
Mashed Potato Chicken Bowl -73 Mini Corn Dog -23 Chef Salad -3 Romaine/Lettuce -1.5 Carrots -18 Peaches -18 Milk, Bread	Top your own Bar Hamburger -24 Hot Dog -21 Chef Salad -3 Romaine/Lettuce -1.5 Oven Fries -24 Pineapple -10.5 Cookies -17 Milk, Bread	Macaroni & Cheese -45 Chicken Strips -10 Chef Salads -3 Chicken Strip Salad-13 Romaine/Lettuce -1.5 Green Beans -3 Applesauce -21 Cornbread -11 Milk, Bread	Ham & Cheese pockets Grilled Chicken Patty -38 Romaine/Lettuce -1.5 California Blend -6 Sweet Potatoes- 30 Mandarin Oranges -20 Milk, Bread	Salad Bar -8 Teriyaki Chicken Over Rice -69 Sloppy Joe -35 Romaine/Lettuce .15 Broccoli -4.5 Mixed Fruit -21 Milk, Bread
Mon. 10	Tues. 11	Wed. 12	Thurs.13	Fri. 14
Coney Hot Dog -23 Chicken & Noodles-43 Chef Salad -3 Romaine/Lettuce -1.5 California Blend -6 Applesauce -21 Milk, Bread	Taco Bar -25 Barbecue Rib -23 Toast Sticks w/ Sausage -39 Romaine/Lettuce -1.5 Triangles-24 Grapes- 13.5 Milk, Bread	Bosco Sticks -30 Pizza Burger -35 Chef Salad -3 Romaine/ Lettuce -1.5 Broccoli -4.5 Pineapple -10.5 Fruit crisp -21 Milk, Bread	Chicken Patty-42 Sloppy Nachos -25 Chef Salad -3 Romaine/Lettuce -1.5 Green Beans -3 Refried Beans -18 Pears -19 Relishes & Dip -9 Milk, Bread	Salad Bar -8 Grilled Cheese -25 Tomato Soup -19 Barbecue Pork -33 Chef Salad -3 Romaine/Lettuce -1.5 Peas -10.5 Tropical Fruit -21 Milk, Bread
Mon. Oct. 17	Tues. 18	Wed. 19	Thurs. 20	Fri. 21
Macaroni & Cheese -45 BBQ Pork/bun -33 Romaine/Lettuce -1.5 Chef Salad -3 Green Beans -3 Pineapple -10.5 Cornbread -11 Milk, Bread	Pasta Bar -45 Hamburger -34 Romaine/Lettuce -3 Chef Salad -3 Broccoli -4.5 Peaches -18 Garlic Bread -22 Milk, Bread	Hot Chicken Gravy w/ Mashed Potatoes - 38 Cheeseburger -34 Romaine/Lettuce -1.5 Chef Salad -3 Carrots -6 Mandarin Oranges -20 Milk, Bread	Chicken Fajita -23 Popcorn Chicken -20 Chef Salad -3 Romaine/ Lettuce -1.5 Refries Beans -18 Tropical Fruit -21 Brownies -33 Milk, Bread	No School Professional Development Day
Mon. 24	Tues. 25	Wed. 26	Thurs. 27	Fri. 28
Chicken Patty -42 Loaded Potato Bowl -40 Chef Salad -3 Romaine/Lettuce -1.5 Green Beans- 3 Mixed Fruit -21 Milk, Bread	Taco Bar -25 Meatball Sub. -23 Popcorn Chicken -20 Chef Salad -3 Romaine/Lettuce -1.5 Sweet Potatoes- 30 Corn -18 Applesauce -21 Milk, Bread	Chicken Parmesan w/ Spaghetti-60 Cheeseburger -34 Chef Salad -3 Romaine/Lettuce -1.5 California Blend -6 Baked Beans -19 Pineapple -10.5 Garlic Bread -22 Milk, Bread	General Tso's over Rice-52 Grilled Chicken -38 Romaine/Lettuce -1.5 Chef Salad -3 Relishes & Dip -9 Broccoli -4.5 Pears -19.5 Cookies -17 Milk, Bread	Salad Bar -12 Coney Hot Dog -23 Philly Steak -35 Carrots -18 Romaine/Lettuce -1.5 Pumpkin Dessert -50 Tropical Fruit -21 Milk, Bread
Mon. 31	Tues.	Wed.	Thurs.	Fri.
Johnny Marzetti -48 Mini Corn Dog -23 Chef Salad -3 Romaine/Lettuce -1.5 Corn -18 Pineapple -10.5 Milk, Bread				

"Is institution is an equal opportunity provider"

BREAKFAST IS SERVED DAILY FROM 7:00- 7:30am. \$1.25

Breakfast is free or reduced with a free or reduced application