

October 2017

High School



School Information: This institution is an equal opportunity provider.
Menu subject to change.
Salad Bar Served Daily.
Daily: \$2.80
Milk: .40 1% White, Skim White, Skim Chocolate



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

French Dip
 Fritos
 Crinkle Cut Carrots
 Applesauce

2

Personal Pan Pizza
 Garden Peas
 Pears

3

French Toast Sticks
 Omelet
 Tri Tators
 Peaches

4

Tacos
 Refried Beans
 Rice
 Mandarin Oranges

5

Early Dismissal

6

Walking Tacos
 Salsa Cup
 Refried Beans
 Rice
 Pears

9

Pizza – Wild Mike's
 Steamed Broccoli
 Peaches

10

Popcorn Chicken
 Ketchup and BBQ sauce
 Mashed Potatoes
 Corn
 Butter Buds
 Mandarin Oranges

11

Hot Dog / Bun
 Chili
 Ketchup
 Baked Beans
 Tator Tots
 Mixed Fruit

12

Sloppy Joe / Bun
 Fritos
 Crinkle Cut Carrots
 Applesauce

13

Italian Flat Bread
 Marinara Sauce
 Garden Peas
 Peaches

16

Chicken Quesadilla
 Salsa Cup
 Refried Beans
 Mandarin Oranges

17

Pulled Pork Sandwich
 Fritos
 Steamed Broccoli
 Mixed Fruit

18

Hamburger / Bun
 Baked French Fries
 Ketchup
 Buttered Corn
 Applesauce

19

Spaghetti / Meatballs
 Green Beans
 Bread Sticks
 Pears

20

No School

23

No School

24

Chicken Patty / Bun
 Tator Tots
 Green Beans
 Applesauce

25

Gilardi Sticks
 Marinara Sauce
 Garden Peas
 Pears

26

Rice Bowl
 Fortune Cookie
 Peaches

27

Cheese Raviolis
 Steamed Broccoli
 Mixed Fruit

30

Halloween Shaped Nugget
 Mashed Potatoes
 Buttered Corn
 Applesauce

31

Alternate: boneless wings, breakfast bar, rice bowls, burger bar, boneless wings.
 Pizza Hut: Friday

