


# HIGH SCHOOL LUNCH MENU OCTOBER 2024

# October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p><b>Lunch Entree</b> Chicken filet Sandwich Grilled Chicken Sandwich</p> <p><b>Vegetables</b> POTATO SIDEWINDERS, JR. Romaine Lettuce Baby Carrots</p> <p><b>Fruit</b> Fresh Banana Fresh Fruit Variety</p> <p><b>Milk</b> 1% Milk Fat Free Chocolate Milk</p>	<p>2</p> <p><b>Lunch Entree</b> Colby Cheese Omelet</p> <p><b>Vegetables</b> PUNCH, DRAGON Romaine Lettuce Baby Carrots</p> <p><b>Fruit</b> Pineapple Tidbits Fresh Fruit Variety</p> <p><b>Grains</b> CINNAMON TOAST CRUNCH CEREAL LUCKY CHARMS</p> <p><b>Milk</b> 1% Milk Fat Free Chocolate Milk</p>	<p>3</p> <p><b>Lunch Entree</b> Hamburger with Bun Cheeseburger</p> <p><b>Vegetables</b> Baby Carrots Romaine Lettuce Baked Beans</p> <p><b>Fruit</b> Applesauce Fresh Fruit Variety</p> <p><b>Milk</b> 1% Milk Fat Free Chocolate Milk</p>	<p>4</p> <p><b>Lunch Entree</b> Pepperoni Stuffed Sandwich Garlic Cheese French Bread Pizza</p> <p><b>Vegetables</b> Romaine Lettuce Baby Carrots</p> <p><b>Fruit</b> Fresh Fruit Variety</p> <p><b>Milk</b> 1% Milk Fat Free Chocolate Milk</p>
<p>7</p> <p><b>Lunch Entree</b> Crispitos Chicken Corn Dog</p> <p><b>Vegetables</b> Corn &amp; Black Bean Fiesta Baby Carrots Romaine Lettuce</p> <p><b>Fruit</b> Fresh Fruit Variety Tropical Fruit</p> <p><b>Milk</b> 1% Milk Fat Free Chocolate Milk</p>	<p>8</p> <p><b>Vegetables</b> Cheesy Broccoli Baby Carrots Romaine Lettuce</p> <p><b>Fruit</b> Fresh Banana</p> <p><b>Milk</b> Fat Free Chocolate Milk 1% Milk</p>	<p>9</p> <p><b>Lunch Entree</b> Pasta and Meat Sauce Bosco Cheese Bread Stick</p> <p><b>Vegetables</b> Cut Green Beans Romaine Lettuce Baby Carrots</p> <p><b>Fruit</b> Sliced Pears Fresh Fruit Variety</p> <p><b>Grains</b> Garlic Toast, Whole Grain</p> <p><b>Milk</b> Fat Free Chocolate Milk 1% Milk</p>	<p>10</p> <p><b>Lunch Entree</b> Chicken with Gravy Beef, Salisbury Steak, Advance Pierre</p> <p><b>Vegetables</b> Mashed Potatoes Baby Carrots Romaine Lettuce</p> <p><b>Fruit</b> Fresh Fruit Variety Mixed Fruit Cup</p> <p><b>Grains</b> Biscuit, Baked</p> <p><b>Milk</b> 1% Milk Fat Free Chocolate Milk</p>	<p>11</p> <p><b>Lunch Entree</b> Pepperoni Pizza Cheese Pizza</p> <p><b>Vegetables</b> Baby Carrots Romaine Lettuce</p> <p><b>Fruit</b> Fresh Fruit Variety Diced Peaches</p> <p><b>Milk</b> 1% Milk Fat Free Chocolate Milk</p>
<p>14</p> <p><b>Lunch Entree</b> Walking Taco</p> <p><b>Vegetables</b> Romaine Lettuce Baby Carrots</p> <p><b>Fruit</b> Fresh Fruit Variety Mandarin Oranges</p> <p><b>Milk</b> 1% Milk Fat Free Chocolate Milk</p>	<p>15</p> <p><b>Lunch Entree</b> Pizza Crunchers</p> <p><b>Vegetables</b> Caesar Salad Baby Carrots California Blend Vegetables</p> <p><b>Fruit</b> Fresh Banana Applesauce</p> <p><b>Milk</b> 1% Milk Fat Free Chocolate Milk</p>	<p>16</p> <p><b>Lunch Entree</b> Chicken Nuggets</p> <p><b>Vegetables</b> Au Gratin Potatoes Baby Carrots Romaine Lettuce</p> <p><b>Fruit</b> Fresh Fruit Variety Strawberry Cup</p> <p><b>Milk</b> 1% Milk Fat Free Chocolate Milk</p>	<p>17</p> <p><b>MEA BREAK</b></p>	<p>18</p> <p><b>MEA BREAK</b></p>

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<p>21</p> <p><b>Lunch Entree</b> Hot Dog on a Bun</p> <p><b>Vegetables</b> Baked Beans Baby Carrots Romaine Lettuce</p> <p><b>Fruit</b> Frozen Peach Cup Fresh Fruit Variety</p> <p><b>Milk</b> 1% Milk Fat Free Chocolate Milk</p>	<p>22</p> <p><b>Vegetables</b> Baby Carrots Romaine Lettuce</p> <p><b>Fruit</b> Fresh Banana</p> <p><b>Milk</b> 1% Milk Fat Free Chocolate Milk</p>	<p>23</p> <p><b>Lunch Entree</b> Rotini Pasta Alfredo Florentine w/ Chicken, JTM 1688</p> <p><b>Vegetables</b> Romaine Lettuce Baby Carrots Cut Green Beans</p> <p><b>Fruit</b> Fresh Fruit Variety</p> <p><b>Milk</b> 1% Milk Fat Free Chocolate Milk</p>	<p>24</p> <p><b>Lunch Entree</b> Baked Potato Bar Beef Chili Cheddar Cheese Sauce Land O' Lakes</p> <p><b>Vegetables</b> Broccoli Baby Carrots Romaine Lettuce</p> <p><b>Fruit</b> Fresh Fruit Variety Strawberry Cup</p> <p><b>Grains</b> Garlic Breadstick</p> <p><b>Milk</b> 1% Milk Fat Free Chocolate Milk</p> <p><b>Misc.</b> Diced Ham Sour Cream</p> <p><b>Condiments</b> Margarine</p>	<p>25</p> <p><b>Lunch Entree</b> Nachos with Ground Beef</p> <p><b>Vegetables</b> Romaine Lettuce Baby Carrots Diced Tomatoes White Onions</p> <p><b>Fruit</b> Pineapple Tidbits</p> <p><b>Milk</b> 1% Milk Fat Free Chocolate Milk</p>
<p>28</p> <p><b>Lunch Entree</b> ChickenTenders</p> <p><b>Vegetables</b> Whole Kernal Corn Baby Carrots Romaine Lettuce</p> <p><b>Fruit</b> Fresh Fruit Variety Mixed Fruit Cup</p> <p><b>Milk</b> 1% Milk Fat Free Chocolate Milk</p>	<p>29</p> <p><b>Lunch Entree</b> Mandarin Orange Chicken General Tso's Chicken</p> <p><b>Vegetables</b> Baby Carrots Romaine Lettuce Oriental Blend Vegetables</p> <p><b>Fruit</b> Fresh Banana</p> <p><b>Grains</b> Fried Brown Rice WG</p> <p><b>Milk</b> 1% Milk Fat Free Chocolate Milk</p>	<p>30</p> <p><b>Lunch Entree</b> Boneless Chicken Wings Chicken Wing Bar</p> <p><b>Vegetables</b> Baby Carrots Romaine Lettuce Cut Green Beans</p> <p><b>Fruit</b> Fresh Fruit Variety Assorted 100% Fruit Juice</p> <p><b>Grains</b> Dinner Roll</p> <p><b>Milk</b> 1% Milk Fat Free Chocolate Milk</p>	<p>31</p> <p><b>Lunch Entree</b> Pepperoni Pizza Big Daddys 4-Meat Pizza</p> <p><b>Vegetables</b> Romaine Lettuce Baby Carrots</p> <p><b>Fruit</b> Fresh Fruit Variety Tropical Fruit</p> <p><b>Desserts</b> Sugar Cookie</p> <p><b>Milk</b> 1% Milk Fat Free Chocolate Milk</p>	

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