## **OCTOBER 2022**

Milk offered daily

1% white and chocolate

Pottsville Jr. High and High School

## Monday Thursday Friday Tuesday Wednesday Beefy Nachos Cheesy Italian Bread Chicken nuggets w/hot roll Cheeseburger Seasoned corn w/marinara Lettuce/tomato/salsa Mashed potatoes/gravy French fries Tossed salad Spanish rice, pinto beans Mixed veggies Baby carrots Lettuce/tomato/onion Fresh fruit, mixed fruit Celery w/ranch Fresh fruit Fresh fruit Variety fresh fruit Fresh fruit, mandarin oranges Pineapple tidbits Peaches Entree choice: Entrée choices: Chicken Ranch Wrap Entrée choice: Entrée choices: Entrée choices: Chicken sandwich Chicken Parm sandwich Pizza, ham & cheese croissant Corn dog, Bacon Ranch Salad Cuban Pork Flatbread Chicken taco Chicken Alfredo Popcorn chicken Spaghetti w/meat sauce Cheeseburger Garlic bread, tossed salad Mashed potatoes w/gravy Garlic bread, calif blend veg Sautéed peppers & onions French fries Steamed broccoli Hot roll, seasoned corn Cucumber slices Salsa, pinto beans Lettuce/tomato/onion Mandarin oranges Fresh fruit, peaches Fresh fruit, pears Fresh fruit, frozen fruit juice cup Variety fresh fruit Entrée choices: Entrée choices: Entree choice: Entrée choices: Entrée choices: Pizza stick Breaded beef strips Loaded baked potato Homemade pizza Deli Sub Toasted ham & cheese Chef salad Ham & cheese wrap Chicken sandwich Chicken Lo Mein/Egg roll Soft Taco or Nachos Sweet & Sour Chicken Salisbury steak Cucumbers & tomatoes w/d<mark>ip</mark> Lettuce/tomato/salsa w/rice, baby carrots Flex Day Mashed potatoes/gravy Pinto beans Fresh fruit Steamed broccoli No School Hot roll, green beans Fresh fruit, mixed fruit **Applesauce** Fresh fruit, pineapple tidbits Fresh fruit, peaches Entrée choices: Entrée choices: Entrée choices: Entrée choices: Bacon Ranch Salad Chicken & Veg Dumpling Pizza Stick Chicken tenders/roll Deli Sub Mozz pepperoni sandwich Corn Dog Walking Taco Dutch Waffle & chicken sticks Meatball Marinara w/pasta BBQ Boneless chicken Cheeseburger Garlic bread, tossed salad Lettuce/tomato/salsa Potato wedges Roasted potato halves French fries Pinto beans Baby carrots w/ranch **Breadstick** Lettuce/tomato/onion Italian green beans Fresh fruit, peaches Spanish rice Fresh fruit, chilled pears Cucumber & tomato w/dip Variety fresh fruit Fresh fruit, mixed fruit Entrée choice: Fresh fruit, applesauce Entree choice: Entrée choice: Entrée choice: Entrée choice: Bird dog Corn dog Meatball Sub Chicken Ranch Wrap Beef burrito, Deli Sub Homemade pizza BBQ rib sand, Philly chicken sub BBQ on a bun Potato wedges Cole slaw, baked beans Fresh fruit, frozen juice cup Candy corn cookie Entrée choice: Chicken sandwich, Chef salad

This institution is an equal opportunity provider



