

# October 2025

## HIGH SCHOOL LUNCH

TO MAKE IT A MEAL, SELECT UP TO 2 FRUITS AND/OR VEGETABLES AND CHOICE OF MILK.

**NUTRITION BAR OFFERED DAILY WITH ASSORTED FRUITS & VEGETABLES**

See any server for details and assistance. Milk varieties include 1% low fat and fat-free choices.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Corn Dog</b> 1 serving Broccoli ½ c Nutrition Bar Choice of Fruit ½ c <b>Alt: Meat Lovers Pizza</b>	<b>Pizza</b> 1 serving Steak & Bake Green Beans ½ c Nutrition Bar Choice of Fruit ½ c <b>Alt: Jalapeno Cheddar Beef Burger</b>	
<b>Breakfast For Lunch</b> 1 serving Tater Tots ½ c Nutrition Bar Choice of Fruit ½ c <b>Alt: Hawaiian Pizza</b>	<b>Walking Taco's</b> 1 serving Rice ½ c Seasoned Carrots ½ c Nutrition Bar Choice of Fruit ½ c <b>Alt: Chili Dog</b>	<b>Yakisoba</b> 1 serving Stir Fry Vegetables ½ c Nutrition Bar Choice of Fruit ½ c <b>Alt: chicken Bacon Ranch Sandwich</b>	<b>Pizza</b> 1 serving Mexicali Corn ½ c Nutrition Bar Choice of Fruit ½ c <b>Alt: House BBQ Pulled Sandwich</b>	
<b>No School</b>	<b>Chicken or Vegetarian Nacho Bar</b> 1 serving Tater Totes ½ c Nutrition Bar Choice of Fruit ½ c <b>Alt: Rodeo Burger</b>	<b>Chicken Teriyaki Rice Bowl</b> 1 serving Chinese Broccoli ½ c Nutrition Bar Choice of Fruit ½ c <b>Alt: Corn Dog</b>	<b>Pizza</b> 1 serving Steak & Bake Green Beans Baby Carrot's ½ c Nutrition Bar Choice of Fruit ½ c <b>Alt: Jalapeno Cheddar Beef Burger</b>	  <p>Jamaican Jerk Chicken</p>
<b>Waffles &amp; Cheesy Eggs</b> 1 serving Tater Tots ½ c Nutrition Bar Choice of Fruit ½ c <b>Alt: Chicken Nuggets</b>	<b>Spaghetti &amp; Meat Sauce</b> 1 serving Baby Carrots ½ c Nutrition Bar Choice of Fruit ½ c <b>Alt: Pizza</b>	<b>Hot Dog</b> 1 serving Stir Fry Vegetables ½ c Nutrition Bar Choice of Fruit ½ c <b>Alt: Bean Burrito Enchilada Style &amp; Rice</b>	<b>Pizza</b> 1 serving Really Ranch Pinto Beans Nutrition Bar ½ c Choice of Fruit ½ c <b>Alt: Chicken &amp; Cilantro lime Rice</b>	  <p>Heirloom Tomato Salad</p>
<b>Chicken Tenders w/ Dinner Roll</b> 1 serving Sweet Potato Fries ½ c Nutrition Bar Choice of Fruit ½ c <b>Alt: Rotisserie Chicken</b>	<b>Chicken or Vegetarian Nacho Bar</b> 1 serving Tater Totes ½ c Nutrition Bar Choice of Fruit ½ c <b>Alt: Rodeo Burger</b>	<b>Orange Chicken w/Vegetable Fried Rice</b> 1 serving Chinese Broccoli ½ c <b>Grill: Corn Dog</b>	<b>Chicken Philly</b> 1 serving Campfire Beans ½ c <b>Grill: Buffalo Chicken Sandwich</b>	  <p>Mediterranean Sweet Potato</p>

### Daily Alternate Entrée Options

#### Pizza (Cheese & Pepperoni)

**M:** Hawaiian  
**Tu:** Chicken Taco  
**W:** Meat Lovers  
**Th:** Chicken Ranch Dorito Flatbread  
**Fr:** BBQ Chicken

#### Vegetarian:

**M:** Macaroni & Cheese  
**Tu:** Sweet Potato Nachos  
**W:** Bean & Cheese Burrito  
**Th:** Mediterranean Hummus Flatbread  
**Fr:** Black Bean Burger

#### Deli Sandwiches:

**M:** Turkey Deluxe  
**Tu:** Santa Fe Chicken Wrap  
**W:** Turkey & Cheese Wrap  
**Th:** Crunchy Chicken Wrap  
**Fr:** Southwest Pinwheels

#### Entrée Salads:

**M:** Chef's Salad  
**Tu:** Southwest Chicken  
**W:** Chicken Caesar  
**Th:** Cobb  
**Fr:** Beef Taco in Tortilla Shell



BeWell Healthy Choice



Vegetarian (Ovo-Lacto)



Local



Global Bites Feature



So Good Feature

*This institution is an equal opportunity provider*

**K-12**  
 Education