

October 2024 Stark County Junior/Senior High School Menu

<p>Breakfast is served every day from 7:30-8:00 am Ketchup, Mustard, Ranch and French Dressing, Hot Sauce, and BBQ Sauce are Offered Menu is Subject to Change 1% White, Strawberry, Chocolate Milk are offered at all meals A Plant Based Meal is offered.</p>	<p>1 Tuesday WG Cereal, Muffin or Scones, Fruit Juice</p> <p>WG Bun 28 gm, BBQ Rib 8 gm, Chef Salad, Deli Sandwich or Yogurt Meal, <u>Baked Beans 28 gm, Peaches 14 gm, Fresh Fresh and Veggies</u></p>	<p>2 Wednesday WG Cereal, Combo Bar 8 gm for 1, Fruit, Juice</p> <p>WG Bun 22 gm, Hot Dog or Chili Dog Smoothie Meal, Chef Salad, Yogurt Meal, Deli Meal <u>Green Beans 4 gm, Pears 16 gm, Fresh Fruit and Veggies</u></p>	<p>3 Thursday WG Bagel 38 gm, Cream Cheese 1 gm, WG Cereal, Fruit, Juice</p> <p>WG Bun 28 gm, Bacon Cheeseburger 3 gm, Chef Salad, Deli Meal, Yogurt Meal or Chicken or Cheese Quesadilla <u>Oven Potatoes 22 gm, Tropical Fruit 22 g, Fresh Fruit and Veggies</u></p>	<p>4 Friday WG Cereal, WG French Toast Sticks 42 gm, Syrup 20 gm, Fruit, Juice</p> <p>Taco in a Bag 24 gm, Taco Meat, Shredded Cheese, Chef Salad, Deli Meal, Yogurt Meal <u>Romaine 1.5g, Salsa 8 gm, Pineapple 17 gm, WG Raspberry Churros 56 gm, Fresh Fruit and Veggies</u></p>
<p>7 Monday WG Cereal. Pancakes, Syrup 20 gm, Fruit, Juice</p> <p>WG Bosco Sticks 50 gm, Beef Ravioli 36 gm, Panini Meal, Yogurt Meal, Deli Meal, Chef Salad <u>Peas 11 gm, Carrots 6 gm, Pears 16 gm, Fresh Fruit and Veggies,</u></p>	<p>8 Tuesday WG Cereal, WG English Muffin 21 gm, Egg Patty 1 gm, Cheese Slice 2 gm, Fruit, Juice</p> <p>WG Bun 28 gm, Tenderloin 14 gm, Deli Meal, Yogurt Meal, Chef Salad <u>Hot Apple Slices 21.92 gm, Broccoli w/ Cheese 10 gm, Baked Beans 28 gm, Fresh Fruit and Veggies</u></p>	<p>9 Wednesday WG Cereal, WG Breakfast Bar 40 gm, Fruit, Juice</p> <p>WG Bun 22 gm, Meatball Sub 5 gm Cheese 4 gm, Smoothie Meal, Deli Meal, Yogurt Meal, Chef Salad <u>Green Beans 4g, Mixed Fruit 22 gm, Fresh Fruit and Veggies</u></p>	<p>10 Thursday WG Cereal, WG Pumpkin Bread 44 gm, Yogurt, Fruit, Juice</p> <p>Ham Horseshoe (Sliced Ham, WG Toast, Cheese Sauce) Chef Salad, Deli Meal, Yogurt Meal, Chicken or Cheese Quesadilla <u>38g Oven Fries 22 gm, Pineapple 17 gm Fresh Fruit and Veggies</u></p>	<p>11 Friday WG Cereal, Biscuit 26 gm, Sausage Gravy 8 gm, Fruit, Juice</p> <p>WG Multi Cheese Garlic Bread 43,5 gm, Chef Salad, Deli Meal, Yogurt Meal, <u>Romaine 1.5 g, Marinara Sauce 7 gm, Cinnamon Applesauce 26 gm, WG Cookie 28 gm, Fresh Fruit and Veggies</u></p>

14 Monday
WG Cereal, WG Breakfast
Pizza 33 gm, Fruit, Juice

Totchos (Tater Tots, Taco
Meat, Cheese Sauce, 27 gm,
WG Chips 32 gm) Panini
Meal, Yogurt Meal, Deli Meal,
Chef Salad **Refried Beans
24 gm, Salsa 8 gm,
Mandarin Oranges 17 gm,
Fresh Fruit
and Veggies**

15 Tuesday
WG Cereal, WG Waffle 24 gm,
Syrup 20 gm, Fruit, Juice

WG Roll 15 gm, Pasta Dinner,
Chef Salad, Deli Meal, Yogurt
Meal, **Green Beans 4 gm,
Pears 16 gm, Fresh Fruit
and Veggies**

16 Wednesday
WG Cereal, WG Mini
Chocolate Donuts 41 gm,
Fruit, Juice

WG Bun 28 gm, WG Chicken
Patty 16 gm, Smoothie Meal,
Deli Meal, Yogurt Meal, Chef
Salad **Sweet Potato Fries
23 gm, Peaches 14g,
Fresh Fruit and Veggies**

17 Thursday
WG Cereal, Cinnamon Roll
42 gm Fruit, Juice

WG Pizza, Deli Meal,
Yogurt Meal, Chef Salad,
Chicken or Cheese
Quesadilla **38g Carrots,
6 gm, Romaine 1.5 gm,
Rosy Applesauce 22 gm,
Fresh Fruit and Veggies**

18 Friday
NO SCHOOL

21 Monday
WG Cereal, WG Pigs in the
Blanket 30 gm, Syrup 20 gm,
Fruit, Juice

WG Roll 15 gm, WG Chicken
Stripes w/ Sweet and Sour
Sauce, Panini Meal, Chef
Salad, Deli Meal, Yogurt
Meal **WG Chicken Rice,
Broccoli w/Cheese 10
gm, Mandarin Orange 17
gm, Fresh Fruit and
Veggies**

22 Tuesday
WG Cereal, WG Mini
Cinnamon & Sugar Donuts 20
gm, Juice, Fruit

WG Chili Crisпитos 72 gm,
Chef Salad, Deli Meal, Yogurt
Meal **Refried Beans 24 gm,
Salsa 8 gm, Pears 16 gm,
Fresh Fruit and Veggies**

23 Wednesday
WG Cereal, WG Pancake Bites
37 gm, Syrup 20 gm, Fruit,
Juice

WG Corn Dogs 60 gm,
Strawberry Smoothie Meal,
Deli Meal, Chef Salad, Yogurt
Meal **Sweet Potato Fries 23
gm, Peaches 14 gm, Fresh
Fruit and Veggies**

24 Thursday
WG Cereal, WG Breakfast
Bite Apple Donut 38 gm,
Fruit, Juice

WG Pretzel 30 gm, Cheese
Sauce, Chicken Noodle
Soup 6 gm, Crackers, Chef
Salad, Chicken or Cheese
Quesadilla **38g** , Yogurt
Meal, Deli Meal **Corn 16
gm, Tropical Fruit 22
gm, Fresh Fruit and
Veggies**

25 Friday
WG Croissant 29 gm,
Sausage Patty 1 gm, Egg
Patty 1 gm, Cheese Slice 2
gm, , WG Cereal, Fruit,
Juice

WG Pizza Sticks 64 gm,
Marinara Sauce 7 gm,
Chef Salad, Yogurt Meal,
Deli Meal, **Green Beans
4 gm, Rosy
Applesauce,22 gm,
Bavarian Creme
Desert 10 gm, Fresh
Fruit and Veggies**

28 Monday
WG Toast 14 gm, Jelly 9 gm,
Cheese Omelet 2 gm, WG
Cereal, Fruit, Juice

WG Bun 28 gm, Maid Rite,
Panini Meal, Chef Salad, Deli
Meal, Yogurt Meal **Corn 16
gm, Mandarin Orange 17
gm, Fresh Fruit and
Veggies**

29 Tuesday
WG Cereal, WG Breakfast Bun
40 gm, Juice, Fruit

WG Toasted Cheese, 30, gm
Chili, Crackers, Chef Salad,
Deli Meal, Yogurt Meal
**Romaine 1.5 gm, Peaches
14 gm, Fresh Fruit and
Veggies**

30 Wednesday
WG Cereal, Biscuit 26g,
Sausage and Gravy 8g, Fruit,
Juice

Early Dismissal at 11:00
Sack Lunch to take home
WG PB & J, WG Chips, Fresh
Fruit and Veggies

Cereal- Marsh Matey-22g
Honey graham 22g, Cinn toaster 24 gm
Juice- apple 13 g, grape 19g, of 13 g.
Fruit punch 14 g.
Poptart-Cinn 73g, Blueberry-72g,
Strawberry-75 g

31 Thursday
WG Cereal, (Spooky Donut) WG Long
John 33 gm, Fruit, Juice

WG Roll 15 gm, WG Chicken Nuggets,
Chicken or Cheese Quesadilla ,Chef
Salad, Deli Meal, Yogurt Meal **Mashed
Potatoes, Gravy, Rosy Applesauce
22 gm. Fresh Fruit and Veggies**

Our Breakfast is Offer vs.
Serve. Children can pick 3 out
of 4 items as long as 1 of the
items is ½ cup of fruit or
juice.

Our Lunches are Offer vs.
Serve. Children can pick 3 out
5 Meal Groups (Meat/Meat
Alternative Fruit, Grain,
Vegetables, Milk. As long as
the Child has ½ cup of fruit or
vegetable with 2 other
components on their tray.

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