

SEPTEMBER | 2022

Ballard County Middle/ High School Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 You don't have to eat less; you just have to eat right.	30 	31 Comparison is the death of Joy. -Mark Twain	1 Breakfast Pizza Buffalo Chicken Sandwich OR Bomber Nachos (BBQ) Potato Salad/ Fried Okra Fruit Choice	2 Breakfast Sandwich Spaghetti OR Pizza Green Beans/ Fresh Garden Salad Garlic Toast Fruit Choice
5 No School!	6 Breakfast Bowl Walking Tacos OR Cheeseburger Tater Triangles/ Corn Fruit Choice	7 Chicken Minis Wingsday! Bone In Chicken Wings OR Popcorn Chicken Hashbrown Casserole/ Broccoli Salad/ HOT roll Fruit Choice	8 Breakfast Burrito BBQ Sandwich OR Bomber Nachos (chicken) Slaw/ Corn on the Cob Fruit Choice	9 Ham and Cheese Croissant KFC Bowl OR Pizza Fresh Garden Salad/ Steamed Squash Garlic Biscuit Fruit Choice
12 Tornado Crisritos w/ Chili OR Chicken Sandwich Chips and Queso/ Fresh Veggie Boat Fruit Choice	13 Breakfast Bowl Oriental Chicken OR Cheeseburger Rice/ Stir fry Veggies Eggroll Fruit Choice Fortune Cookie	14 Cluck it in a Bucket Wingsday! Wingdings OR Popcorn Chicken Green Beans/ Mashed Potato w/ Brown Gravy Hot Roll Fruit Choice	15 Breakfast Pizza Country Fried Steak OR Bomber Nachos (beef) Baked Beans/ Cheesy Scalloped Potatoes Garlic Biscuit Fruit Choice	16 Breakfast Sandwich Chicken Cheese and Rice OR Pizza Pinto Beans/ Steamed Broccoli Fruit Choice
19 Tornado Bosco Cheese Sticks OR Chicken Sandwich French Fries/ Caesar Salad Fruit Choice	20 Breakfast Bowl Baked Potato Bar OR Cheeseburger Steamed Broccoli Baked Apples Texas Toast	21 Chick Fillet Sandwich Wingsday! Bone In Chicken Wings OR Popcorn Chicken Baby Bakers/ Mac and Cheese Fruit Choice	22 Breakfast Burrito Pork Tenderloin Sandwich OR Bomber Nachos (Chicken) Tater Triangles/ Lima Beans Mandarin Orange Fluff	23 Ham and Cheese Croissant Chicken and Dumplings OR Pizza Hashbrown Casserole/ Peas Fruit Choice
26 Tornado Chimichanga OR Chicken Sandwich Chips and Queso/ Fresh Veggie Boat w/ Ranch Fruit Choice	27 Breakfast Bowl Chili Cheese Fries OR Cheeseburger Steamed Broccoli/ Fresh Garden Salad Fruit Choice	28 Chicken Minis Wingsday! Wingdings OR Popcorn Chicken Cheesy Scalloped Potatoes/ Fresh Veggie Boat Garlic Bread Twist Fruit Choice	29 Breakfast Pizza Salisbury Steak OR Bomber Nachos (BBQ) Mashed Potato w/ Brown Gravy/ Mac and Cheese Baked Apples	30 Breakfast Sandwich Lasagna OR Pizza Fresh Garden Salad/ Green Beans Texas Toast Fruit Choice

Alternate Breakfast Choices

- M- Pop Tart/ Ch. Muffins
- T- Assorted Danishes
- W- Parfaits
- TH- Assorted Cereal
- F- Donuts

Don't forget-

- ✓ Put money into your account.
- ✓ Grab a fruit and vegetable.

Cold and Fresh Lunch Options

- M- Fried Chicken Salad
- T- Chicken Caesar Wrap
- W-Chef Salad
- TH- Chipotle Ranch Chicken Pita
- F- Fruit/ Yogurt Combo OR Chicken Salad Box

MENU IS SUBJECT TO CHANGE.