



High School Lunch Menu

October 2021

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1
Meatlovers Pizza

Tossed Salad
Cherry Tomatoes
Mixed Fruit Cup
Milk: Skim, 1% or
Chocolate Skim

4
Chicken Philly

Tater Tots
Fresh Apples
Milk: Skim, 1% or
Chocolate Skim

5
Meatloaf/Gravy
Mashed Potato

Mixed Fruit
Milk: Skim, 1% or
Chocolate Skim

6
Popcorn Chicken
Bowl

Whole Kernel Corn
Fresh Apples
100% Orange Juice
Milk: Skim, 1% or
Chocolate Skim

7
Wings of Fire

Tater Tots
Fresh Broccoli
Fresh Orange
Milk: Skim, 1% or
Chocolate Skim

8
Turkey Corndog

French Fries
Cup Applesauce
Milk: Skim, 1% or
Chocolate Skim

11
Chicken Macaroni &
Cheese w/ Roll
Steamed Spinach
Cup Diced Peaches
Milk: Skim, 1% or
Chocolate Skim

12
Bacon Cheeseburger

Tater Tots
Fresh Apple
Milk: Skim, 1% or
Chocolate

13
Beef Philly Steak

BBQ Baked Beans
Fresh Banana
Milk: Skim, 1% or
Chocolate Skim

14
Chicken Alfredo
Steamed Broccoli
Dinner Roll
Fresh Apple
Milk: Skim, 1% or
Chocolate Skim

15
**NO SCHOOL
FALL RECESS**

18
**NO SCHOOL
FALL RECESS**

19
Hotdog on Bun

BBQ Baked Beans
Fresh Broccoli
Fresh Apple
Milk: Skim, 1% or
Chocolate Skim

20
Beef Quesadilla

Whole Kernel Corn
Applesauce Cup
Milk: Skim, 1% or
Chocolate Skim

21
Buffalo Chicken
Strips
Baby Carrots
French Fries
Fresh Orange

Milk: Skim, 1% or
Chocolate Skim

22
Sloppy Joe SDW

Tater Tot
Fresh Banana
Milk: Skim, 1% or
Chocolate Skim

25
Spicy Popcorn Chicken

Fries
Fresh Celery
Cup Mixed Fruit
Milk: Skim, 1% or
Chocolate Skim

26
Spaghetti
w/Meatsauce

Green Beans
Dinner Roll
Diced Pears
Milk: Skim, 1% or
Chocolate Skim

27
Cowboy Burger w/Onion
Rings
Baked Beans
Diced Pears
Celery Sticks
Milk: Skim, 1% or
Chocolate Skim

28
Chili Cheese Fries

Baby Carrots
Fresh Apple
100% Apple Juice
Milk: Skim, 1% or
Chocolate Skim

29
Meatball Pomodoro
Bowl
w/ Flatbread
Tossed Salad
Cinnamon Apples
Milk: Skim, 1% or
Chocolate Skim

More info...
Staff Lunch \$4.00

More info...Pick 3 items to create a meal

Please access the website below
to see a breakdown of menu items.

<https://jenningsd.nutrislice.com/menu>