



# October 2017

## LUNCH MENU – Grades 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Hot Dog on Whole Grain Bun Celery w/ Lowfat Dip or Peanut Butter Sweet Potato Fries Baked Doritos or Sunchips Fresh/Canned Fruit Milk</p>	<p>3</p> <p>Chicken Penne Steamed Broccoli Baby Carrots w/ Lowfat Dip Mandarin Oragnes/Craisins Whole Grain Breadstick w/ Cheese Milk</p>	<p>4</p> <p>Pork BBQ on Whole Wheat Bun Baked Fries Green Beans Grapes/Fruit Juice Graham Crackers Milk</p>	<p>5</p> <p>Chicken Nuggets California Blend Carrots w/ Lowfat Dip Whole Wheat Dinner Roll Canned/Fresh Fruit Milk</p>	<p>6</p> <p>Taco Salad Salsa/Beans Tomato and Cucumbers Tortilla Chips Double Chocolate Bar Fresh Fruit/Fruit Juice Milk</p>
<p>9</p> <p>Turkey and Cheese on Whole Grain Bread Carrots w/ Lowfat Dip Baked Beans Applesauce Fresh Fruit Milk</p>	<p>10</p> <p>Pizza Celery w/ Lowfat Dip or Peanut Butter Cooked Cauliflower Fresh Fruit Fruit Juice Milk</p>	<p>11</p> <p>Beef Stew Carrots/Broccoli w/ Lowfat Dip Diced Pineapple Fresh Fruit Cornbread Milk</p>	<p>12</p> <p>Hoagie Mixed Vegetables Baked Fries Fresh Fruit Fruit Juice Milk</p>	<p>13</p> <p>Chicken à la King over Whole Grain Biscuit Cooked Carrots Romaine Salad w/ Lowfat Dressing Canned Fruit Fresh Fruit Milk</p>
<p>16</p> <p>Whole Grain Corndogs Celery w/ Lowfat Dip or Peanut Butter Baked Fries Whole Wheat Bread Fresh Fruit/Fruit Juice Milk</p>	<p>17</p> <p>Baked Chicken Steamed Broccoli Carrots w/ Lowfat Dip Diced Strawberries Whole Wheat Dinner Roll Milk</p>	<p>18</p> <p>Lasagna Green Beans Celery w/ Lowfat Dip or Peanut Butter Whole Grain Garlic Bread Fresh/Canned Fruit Milk</p>	<p>19</p> <p>Grilled Cheese on Whole Grain Bread Tomato Soup Romaine Salad w/ Lowfat Dressing Carrots w/ Lowfat Dip Applesauce/Fresh Fruit Milk</p>	<p>20</p> <p>BBQ Drummies Baked Beans California Blend Fresh Fruit/Fruit Juice Whole Wheat Dinner Roll Milk</p>

<p style="text-align: right;"><b>23</b></p> <p><b>Popcorn Chicken</b>  <b>Baked Fries</b>  <b>Carrots w/ Lowfat Dip</b>  <b>Canned/Fresh Fruit</b>  <b>Whole Wheat Dinner Roll</b>  <b>Milk</b></p>	<p style="text-align: right;"><b>24</b></p> <p><b>Sloppy Joe on Whole Wheat Bun</b>  <b>Baked Beans</b>  <b>Sweet Potato Fries</b>  <b>Whole Grain Goldfish Crackers</b>  <b>Fresh Fruit/Fruit Juice</b>  <b>Milk</b></p>	<p style="text-align: right;"><b>25</b></p> <p><b>BBQ Chicken Breast</b>  <b>Steamed Broccoli</b>  <b>Celery w/ Lowfat Dip or Peanut Butter</b>  <b>Whole Wheat Dinner Roll</b>  <b>Canned Fruit/Craisins</b>  <b>Milk</b></p>	<p style="text-align: right;"><b>26</b></p> <p><b>Pizza</b>  <b>Romaine Salad w/ Lowfat Dressing</b>  <b>Mixed Vegetables</b>  <b>Fresh Fruit/Fruit Juice</b>  <b>Milk</b></p>	<p style="text-align: right;"><b>27</b></p> <p><b>Sandwich or Sub</b>  <b>Carrots/Celery w/ Lowfat Dip</b>  <b>Fruit/Craisins</b>  <b>Graham Crackers</b>  <b>Milk</b></p>
<p style="text-align: right;"><b>30</b></p> <p><b>Cheeseburger on Whole Grain Bun w/ Lettuce &amp; Tomato</b>  <b>Sweet Potato Fries</b>  <b>Carrots w/ Lowfat Dip</b>  <b>Animal Crackers</b>  <b>Fresh/Canned Fruit</b>  <b>Milk</b></p>	<p style="text-align: right;"><b>31</b></p> <p><b>Frankenstein Fingers w/ Roll</b>  <b>Bugs in Sauce</b>  <b>Cheesy Brains</b>  <b>School Made Dessert</b>  <b>Roll</b>  <b>Green Eyeballs/Fruit Juice</b>  <b>Milk</b></p>	<p style="text-align: center;"><b>November 1</b></p> <p><b>Pizza</b>  <b>Romaine Salad w/ Lowfat Dressing</b>  <b>Baby Carrots w/ Lowfat Dip</b>  <b>Canned Fruit</b>  <b>Fresh Fruit</b>  <b>Milk</b></p>	<p style="text-align: right;"><b>2</b></p> <p><b>Salisbury Steak</b>  <b>Mashed Potatoes w/ Gravy</b>  <b>Green Beans</b>  <b>Whole Wheat Dinner Roll</b>  <b>Craisins/Canned Fruit</b>  <b>Milk</b></p>	<p style="text-align: right;"><b>3</b></p> <p><b>Turkey or Chicken Pot Pie</b>  <b>Cooked Carrots</b>  <b>Cucumbers/Tomatoes w/ Lowfat Dip</b>  <b>Whole Wheat Dinner Roll</b>  <b>Fresh/Canned Fruit</b>  <b>Milk</b></p>

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