



October 2017

LUNCH MENU – Grab N’ Go – Grades 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> Pizza Carrots/Broccoli w/ Lowfat Dip Canned Fruit Fruit Juice Milk	<p style="text-align: right;">3</p> Chicken Tenders Cauliflower/Broccoli w/ Lowfat Dip Whole Wheat Dinner Roll Canned Fruit Fruit Juice Milk	<p style="text-align: right;">4</p> Calzone Romaine Salad w/ Lowfat Dressing Celery w/ Lowfat Dip Fresh Fruit/Craisins Whole Wheat Sugar Cookie Milk	<p style="text-align: right;">5</p> Chicken Fajita Wrap w/ Lettuce, Tomato, Cheese Salsa/Beans Applesauce/Fresh Fruit Butterscotch Bar Milk	<p style="text-align: right;">6</p> Grilled Chicken Patty on Bun Baked Fries Carrots w/ Lowfat Dip Fresh/Canned Fruit Graham Crackers milk
<p style="text-align: right;">9</p> Mini Corn Dog Broccoli/Carrots w/ Lowfat Dip Graham Crackers Canned Fruit Craisins Milk	<p style="text-align: right;">10</p> Hot Ham and Cheese w/ Lettuce and Tomato Celery w/ Lowfat Dip or Peanut Butter Canned Fruit Craisins Milk	<p style="text-align: right;">11</p> Breaded Chicken Patty on Whole Wheat Bun w/ Lettuce and Tomato Baked Beans Cauliflower w/ Lowfat Dip Fresh/Canned Fruit Graham Crackers Milk	<p style="text-align: right;">12</p> Beef Teriyaki Nuggets Baked Fries Fresh Cauliflower w/ Lowfat Dip Canned Fruit Fruit Juice Whole Wheat Dinner Roll Milk	<p style="text-align: right;">13</p> Cheese Steak Sub Broccoli w/ Lowfat Dip Baby Carrots Fruit Juice Canned Fruit Milk
<p style="text-align: right;">16</p> Meatball Sub w/ Cheese Carrots/Celery w/ Lowfat Dip Canned Fruit Craisins Milk	<p style="text-align: right;">17</p> Chicken Nuggets Celery w/ Lowfat Dip Baked Fries Whole Wheat Bread Fresh/Canned Fruit Milk	<p style="text-align: right;">18</p> Pizza Carrots/Broccoli w/ Lowfat Dip Canned Fruit Fresh Fruit Milk	<p style="text-align: right;">19</p> Popcorn Chicken Baked Beans Celery w/ Lowfat Dip or Peanut Butter Canned/Fresh Fruit Whole Wheat Dinner Roll Milk	<p style="text-align: right;">20</p> Grilled Cheese on Whole Grain Bread Yogurt Carrots/Celery w/ Lowfat Dip Canned Fruit Fruit Juice Milk

Chicken Tenders Baked Beans Carrots w/ Lowfat Dip Fresh/Canned Fruit Whole Wheat Dinner Roll Milk	Cheeseburger Mixed Vegetables Lettuce/Tomato Graham Crackers Fresh Fruit/Craisins Milk	Pizza Celery w/ Lowfat Dip or Peanut Butter Mixed Vegetables Fresh/Canned Fruit Milk	Breaded Chicken Patty on Whole Wheat Bun Baked Doritos Broccoli/Cauliflower w/ Lowfat Dip Fresh/Canned Fruit Milk	Hot Dog Baked Fries Carrots w/ Lowfat Dip Fresh Fruit/Fruit Juice Vanilla or Chocolate Grahams Milk
BBQ Chicken Drumsticks Carrots/Broccoli w/ Lowfat Dip Fresh Fruit/Fruit Juice Whole Wheat Dinner Roll Milk	Pizza Cauliflower Carrots/Celery w/ Lowfat Dip Grapes/Canned Fruit Graham Crackers Milk	November 1 Chicken Nuggets Celery w/ Lowfat Dip or Peanut Butter Baked Fries Whole Wheat Dinner Roll Fresh Fruit/Craisins Milk	November 2 Breaded Chicken Patty w/ Lettuce and Tomato Broccoli w/ Lowfat Dip Baked Doritos or Pretzels Fresh/Canned Fruit Milk	November 3 Pizza Carrots w/ Lowfat Dip Celery Fresh/Canned Fruit Milk

"This institution is an equal opportunity employer and provider."