



October 2018

LUNCH MENU – Grab N’ Go – Grades 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Pizza Carrots/Broccoli w/ Lowfat Dip Canned Fruit Fruit Juice Milk</p>	<p>2</p> <p>Chicken Tenders Cauliflower/Broccoli w/ Lowfat Dip Whole Wheat Dinner Roll Canned Fruit Fruit Juice Milk</p>	<p>3</p> <p>Calzone Romaine Salad w/ Lowfat Dressing Celery w/ Lowfat Dip Fresh Fruit/Craisins Whole Wheat Sugar Cookie Milk</p>	<p>4</p> <p>Chicken Fajita Wrap w/ Lettuce, Tomato, Cheese Salsa/Beans Applesauce/Fresh Fruit Butterscotch Bar Milk</p>	<p>5</p> <p>Grilled Chicken Patty on Bun Baked Fries Carrots w/ Lowfat Dip Fresh/Canned Fruit Graham Crackers Milk</p>
<p>8</p> <p>Mini Corn Dog Broccoli/Carrots w/ Lowfat Dip Graham Crackers Canned Fruit Craisins Milk</p>	<p>9</p> <p>Hot Ham and Cheese w/ Lettuce and Tomato Celery w/ Lowfat Dip or Peanut Butter Canned Fruit Craisins Milk</p>	<p>10</p> <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>	<p>11</p> <p>Beef Teriyaki Nuggets Baked Fries Fresh Cauliflower w/ Lowfat Dip Canned Fruit Fruit Juice Whole Wheat Dinner Roll Milk</p>	<p>12</p> <p>Cheese Steak Sub Broccoli w/ Lowfat Dip Baby Carrots Fruit Juice Canned Fruit Milk</p>
<p>15</p> <p>NO SCHOOL PROFESSIONAL LEARNING DAY</p>	<p>16</p> <p>Chicken Nuggets Celery w/ Lowfat Dip Baked Fries Whole Wheat Bread Fresh/Canned Fruit Milk</p>	<p>17</p> <p>Pizza Carrots/Broccoli w/ Lowfat Dip Canned Fruit Fresh Fruit Milk</p>	<p>18</p> <p>Popcorn Chicken Baked Beans Celery w/ Lowfat Dip or Peanut Butter Canned/Fresh Fruit Whole Wheat Dinner Roll Milk</p>	<p>19</p> <p>Grilled Cheese on Whole Grain Bread Yogurt Carrots/Celery w/ Lowfat Dip Canned Fruit Fruit Juice Milk</p>

<p>22</p> <p>Chicken Tenders Baked Beans Carrots w/ Lowfat Dip Fresh/Canned Fruit Whole Wheat Dinner Roll Milk</p>	<p>23</p> <p>Cheeseburger Mixed Vegetables Lettuce/Tomato Graham Crackers Fresh Fruit/Craisins Milk</p>	<p>24</p> <p>Pizza Celery w/ Lowfat Dip or Peanut Butter Mixed Vegetables Fresh/Canned Fruit Milk</p>	<p>25</p> <p>Breaded Chicken Patty on Whole Wheat Bun Baked Doritos Broccoli/Cauliflower w/ Lowfat Dip Fresh/Canned Fruit Milk</p>	<p>26</p> <p>Hot Dog Baked Fries Carrots w/ Lowfat Dip Fresh Fruit/Fruit Juice Vanilla or Chocolate Grahams Milk</p>
<p>29</p> <p>Chicken Nuggets Carrots/Broccoli w/ Lowfat Dip Fresh Fruit/Fruit Juice Whole Wheat Dinner Roll Milk</p>	<p>30</p> <p>Pizza Cauliflower Carrots/Celery w/ Lowfat Dip Grapes/Canned Fruit Graham Crackers Milk</p>	<p>31</p> <p>Frankenstein Fingers w/ Roll Bugs in Sauce Cheesy Brains School Made Dessert Roll Green Eyeballs/Fruit Juice Milk</p>	<p>Nov. 1</p> <p>Breaded Chicken on Whole Wheat Bun Baked Fries Broccoli/Cauliflower w/ Lowfat Dip Fresh Fruit Canned Fruit Milk</p>	<p>2</p> <p>Popcorn Chicken Sweet Potato Fries Celery w/ Lowfat Dip Canned/Fresh Fruit Whole Wheat Dinner Roll Milk</p>

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