



October 2018

LUNCH MENU – Grades 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Cheeseburger Celery w/ Lowfat Dip or Peanut Butter Sweet Potato Fries Baked Doritos or Pretzels Fresh/Canned Fruit Milk</p>	<p>2</p> <p>Chicken Alfredo Steamed Broccoli Baby Carrots w/ Lowfat Dip Mandarin Oranges/Craisins Whole Grain Breadstick w/ Cheese Milk</p>	<p>3</p> <p>Pork BBQ on Whole Wheat Bun Baked Fries Green Beans Grapes/Fruit Juice Graham Crackers Milk</p>	<p>4</p> <p>Chicken Nuggets California Blend Carrots w/ Lowfat Dip Whole Wheat Dinner Roll Canned/Fresh Fruit Milk</p>	<p>5</p> <p>Taco Salad Salsa/Beans Tomato and Cucumbers Tortilla Chips Chocolate Bar Fresh Fruit/Fruit Juice Milk</p>
<p>8</p> <p>Turkey and Cheese on Whole Grain Bread Carrots w/ Lowfat Dip Baked Beans Applesauce Fresh Fruit Milk</p>	<p>9</p> <p>Pizza Celery w/ Lowfat Dip or Peanut Butter Cooked Cauliflower Fresh Fruit Fruit Juice Milk</p>	<p>10</p> <p>Beef Stew Carrots/Broccoli w/ Lowfat Dip Cornbread Diced Pineapple Fresh Fruit Cheez-It Milk</p>	<p>11</p> <p>Hoagie Mixed Vegetables Baked Fries Fresh Fruit Fruit Juice Milk</p>	<p>12</p> <p>Chicken à la King over Whole Grain Biscuit Cooked Carrots Romaine Salad w/ Lowfat Dressing Canned Fruit Fresh Fruit Milk</p>
<p>15</p> <p>NO SCHOOL PROFESSIONAL LEARNING DAY</p>	<p>16</p> <p>Baked Chicken Baked Beans Cooked Carrots Diced Strawberries Whole Wheat Dinner Roll Milk</p>	<p>17</p> <p>Spaghetti w/ Meat Sauce Romaine Salad w/ Lowfat Dressing Celery w/ Lowfat Dip or Peanut Butter Whole Grain Garlic Bread Fresh/Canned Fruit Milk</p>	<p>18</p> <p>Salisbury Steak Mashed Potatoes w/ Gravy Green Beans Carrots w/ Lowfat Dip Applesauce Fresh Fruit Milk</p>	<p>19</p> <p>Pizza Celery w/ Lowfat Dip Steamed Broccoli Fresh Fruit Fruit Juice Whole Wheat Dinner Roll Milk</p>

<p style="text-align: right;">22</p> <p>Popcorn Chicken Steamed Broccoli Carrots w/ Lowfat Dip Canned/Fresh Fruit Whole Wheat Dinner Roll Milk</p>	<p style="text-align: right;">23</p> <p>Sloppy Joe on Whole Wheat Bun Baked Beans Sweet Potato Fries Whole Grain Goldfish Crackers Fresh Fruit/Fruit Juice Milk</p>	<p style="text-align: right;">24</p> <p>BBQ Chicken Breast Cooked Cauliflower Celery w/ Lowfat Dip or Peanut Butter Whole Wheat Dinner Roll Canned Fruit/Craisins Milk</p>	<p style="text-align: right;">25</p> <p>Pizza Romaine Salad w/ Beans and Lowfat Dressing Mixed Vegetables Fresh Fruit/Fruit Juice Milk</p>	<p style="text-align: right;">26</p> <p>Grilled Chicken Patty on Whole Wheat Bun w/ Tomato, Lettuce Baked Fries Baby Carrots w/ Lowfat Dip Fresh Fruit/Craisins Animal Crackers Milk</p>
<p style="text-align: right;">29</p> <p>Chicken Fajita Salad w/ Lettuce, Tomato, Cheese Baby Carrots w/ Lowfat Dip Whole Grain Sugar Cookie Tortilla Chips Canned/Fresh Fruit Milk</p>	<p style="text-align: right;">30</p> <p>Macaroni and Cheese Steamed Broccoli Celery w/ Lowfat Dip or Peanut Butter Yogurt/Apple/Craisins Whole Wheat Dinner Roll Milk</p>	<p style="text-align: right;">31</p> <p>Frankenstein Fingers w/ Roll Bugs in Sauce Cheesy Brains School Made Dessert Roll Green Eyeballs/Fruit Juice Milk</p>	<p style="text-align: right;">Nov. 1</p> <p>Pizza Tossed Salad w/ Lowfat Dressing Carrots w/ Lowfat Dip Fresh Fruit Canned Fruit Milk</p>	<p style="text-align: right;">2</p> <p>Chicken Nuggets Baked Fries Celery w/ Lowfat Dip Canned Fruit/Fruit Juice Whole Wheat Dinner Roll Milk</p>

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