

MIDDLE/HIGH SCHOOL LUNCH MENU - OCTOBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
LS Hamburger Patty WG Hamburger Bun RF/RS Sliced Cheese Pineapple Fresh Broccoli Florets Sweet Potato Fries Ketchup/Ranch Dressing Applesauce Choice of Milk OR CHOICE OF SALAD BAR	Chicken Tenders WG Roll Sliced Carrots Cucumber Slices Red Delicious Apple Diced Mango Choice of Milk OR CHOICE OF SALAD BAR	Baked Chicken Thighs WG Dinner Roll Mashed Potatoes Green Beans Fruit Salad LS Chicken Gravy Choice of Milk OR CHOICE OF SALAD BAR	WG Turkey Pepperoni Pizza Pear Banana Romaine Salad Mix Tri Tator Ketchup Choice of Milk FF Ranch/Italian Dressing OR CHOICE OF SALAD BAR	Taco Salad w/Tortilla Chips Mexican Rice Orange Fruit Mix Beans Salsa Diced Tomato Shredded Lettuce Choice of Milk OR CHOICE OF SALAD BAR
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
Bean Tostadas Mexican Rice Red Delicious Apple Diced Mango Sliced Carrots Shredded Lettuce Salsa RF Shredded Cheese Choice of Milk OR CHOICE OF SALAD BAR	BBQ Pulled Pork Sandwich WG Hamburger Bun Baked Beans Tri Tator Broccoli Orange Fruit Mix Ketchup Choice of Milk OR CHOICE OF SALAD BAR	LS Hamburger Patty WG Hamburger Bun RF/RS Sliced Cheese Applesauce Green Beans Sweet Potato Fries Strawberries Ketchup/Ranch Dressing Choice of Milk OR CHOICE OF SALAD BAR	Chicken Fajitas w/WG Flour Tortilla Mexican Rice Pinto Beans Salsa Shredded Lettuce/Tomato Avocado Strawberries Banana Choice of Milk OR CHOICE OF SALAD BAR	NO SCHOOL
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Calzone Marinara Sauce Broccoli Florets Cauliflower Mandarin Oranges Red Delicious Apple Choice of Milk OR CHOICE OF SALAD BAR	Grilled Chicken Fajitas Lettuce/Tomato/Cheese Pinto Beans WG Flour Tortilla Salsa Strawberries Diced Mango Avocado Choice of Milk OR CHOICE OF SALAD BAR	Taco Salad w/Tortilla Chips Mexican Rice Orange Fruit Mix Beans Salsa Diced Tomato Shredded Lettuce Choice of Milk OR CHOICE OF SALAD BAR	Carnitas (Baked Shredded Pork) WG Flour Tortilla Mexican Rice Banana Fruit Salad Beans Diced Tomatoes Avocado Choice of Milk OR CHOICE OF SALAD BAR	WG Chicken Strips WWW Bread Mashed Potatoes Sliced Carrots LS Chicken Gravy Red Delicious Apple Orange Choice of Milk OR CHOICE OF SALAD BAR
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Chicken Teriyaki Rice Romaine Salad Fruit Salad Mix Choice of Milk FF Ranch/Italian Dressing Pineapple Tidbits OR CHOICE OF SALAD BAR	Spicy Chicken Patty WG Bun Lettuce/Tomato Cucumber Slices Red Delicious Apple Diced Mango Choice of Milk Mayo/Ketchup OR CHOICE OF SALAD BAR	LS Hamburger Patty WG Hamburger Bun RF/RS Sliced Cheese Fresh Broccoli Florets Sweet Potato Fries Ketchup/Ranch Dressing Orange Applesauce Choice of Milk OR CHOICE OF SALAD BAR	Beef & Been Burritos Salsa Mexican Rice Diced Tomatoes Shredded Lettuce Fruit Salad Banana Choice of Milk OR CHOICE OF SALAD BAR	NO SCHOOL
30-Oct	31-Oct			1-Sep
LS Hamburger Patty WG Hamburger Bun RF/RS Sliced Cheese Strawberries Fresh Broccoli Florets Sweet Potato Fries Ketchup/Ranch Dressing Applesauce Choice of Milk OR CHOICE OF SALAD BAR	WG Turkey Pepperoni Pizza Pear Pineapple Romaine Salad Mix Corn FF French/Italian Dressing Choice of Milk OR CHOICE OF SALAD BAR			Choice of Milk 1% White Milk or Skim Chocolate Milk <u>Abbreviations</u> WG = Whole Grain WWW = White Whole Wheat WW = Whole Wheat RF = Reduced Fat RS = Reduced Sodium LS = Low Sodium