

OCTOBER | 2020

HS Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	1 Coney OR Hot Dog Potato Wedges Veggie Boat Applesauce Fresh Fruit Milk	2 Fish Sandwich OR Grilled Cheese with Tomato Soup Green Beans Broccoli with Dip Mandarin Oranges Fresh Fruit Milk
5 Choice of Cheese, Pepperoni, OR Buffalo Chicken Pizza Green Beans Garden Salad Diced Peaches Frozen Sidekick Milk	6 Sweet Thai Chicken OR Honey Sriracha Chicken Bowl Dinner Roll Glazed Carrots Broccoli with Dip Diced Pears Fresh Fruit Milk	7 Baked Ziti with Breadstick Steamed Broccoli Garden Salad Pineapple Tidbits Fresh Fruit Milk	8 Original OR Spicy Chicken Tenders Waffle Fries Baked Beans Veggie Boat Apple Sauce Fresh Fruit Milk	9 Mozzarella Cheese Sticks OR Cheesy Flatbread Steamed Broccoli Carrots and Celery with Dip Mandarin Oranges Milk
12 Chicken OR Cheese Quesadilla Salsa, Sour Cream Refried Beans Corn Diced Peaches, Frozen Sidekick Milk	13 3,4, OR 5 Way Chili Spaghetti Kidney Beans, Onions Shredded Cheese Oyster Crackers Green Beans, Garden Salad Diced Pears, Fresh Fruit Milk	14 Two Chicken Drumsticks Dinner Roll Mashed Potatoes Garden Salad Pineapple Tidbits Fresh Fruit Milk	15 Beef OR Chicken Philly Sandwich with Queso and Sautéed Peppers and Onions Potato Wedges Glazed Carrots Applesauce, Fresh Fruit Milk	16 Wild Mike's Cheese Bites Marinara Sauce Steamed Broccoli Veggie Boat Mandarin Oranges Fresh Fruit Milk
19 Cheeseburger Mac and Cheese Green Beans Veggie Boat with Dip Diced Peaches Fresh Fruit Milk	20 Queso Chicken over Rice OR Beef Enchiladas Salsa, Sour Cream Black Beans, Corn Mexican Salad Diced Pears, Fresh Fruit Milk	21 Salisbury Steak Garlic Breadstick Mashed Potatoes Veggie Boat Pineapple Tidbits Fresh Fruit Milk	22 Pulled Pork Sandwich Potato Wedges Baked Beans Kale Slaw Applesauce Fresh Fruit Milk	23 Pizza Crunchers OR Individual Cheese Pizza Steamed Broccoli Garden Salad Mandarin Oranges Fresh Fruit Milk
26 Chicken Patty Sandwich Seasoned Potatoes Baked Beans Diced Peaches Frozen Sidekick Milk	27 Confetti Pancakes Cheese Omelet, Sausage Salsa Carrots with Dip Smile Fries Baked Apples Fresh Fruit Milk	28 Sliced Turkey with Gravy Garlic Breadstick Mashed Potatoes Glazed Carrots Garden Salad Pineapple Tidbits Fresh Fruit Milk	29 Coney OR Hot Dog Potato Wedges Veggie Boat Applesauce Fresh Fruit Milk	30 Fish Sandwich OR Grilled Cheese with Tomato Soup Green Beans Broccoli with Dip Mandarin Oranges Fresh Fruit Milk

News

Alternate Meal Choices
*Offered Daily

- **Hummus Grab n Go**
-Hummus cup, Tostito chips, cheese stick, carrots, fruit cup, milk
- **Protein Pack**
-Hard Boiled Egg (2), cheese stick, jungle crackers, fruit cup, carrots w/ dip, milk
- **PB and J Grab n Go**
-PB and J, cheese stick, goldfish, carrots w/ dip, fruit cup, milk
- **Buffalo OR Plain Chicken Wrap**
-Chicken Wrap, choice of daily fruits and vegetables, milk
* **Not Offered on Fridays**
- **Chef Salad**
-Large Salad w/ Turkey OR Hard Boiled Egg, goldfish (2), fruit cup, and milk
* **Turkey Option Not Offered on Fridays**
- **Layered Bean Dip Grab n Go**
-Layered Bean Dip, Tortilla Chips, fruit cup, and milk