

OCTOBER HIGH SCHOOL MENU 2017-2018

Monday 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6
<p>Roast Turkey with Gravy and WG Roll OR Hot Dog on WW Bun with Mustard OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Roasted Sweet Potato Broccoli Florets Fresh Fruit and Applesauce 1% Milk or FF Chocolate Milk</p>	<p>Beef Stew and WG Biscuit OR BBQ Chicken Sandwich on WW Bun OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches Whole Kernel Corn Marinated Vegetable Salad Fresh Fruit and Pineapple 1% Milk or FF Chocolate Milk</p>	<p>Shepherd Pie with WW Roll, Carrots and Pineapple Coleslaw OR Selection of Pre-made Salads with WW Roll and Dressing</p> <p style="text-align: center;">Orange Juice and Fresh Apple 1% Milk or FF Chocolate Milk</p>	<p>Carolina BBQ Chicken with WG Roll OR Egg and Sausage WG Sandwich OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">California Blend Seasoned Spinach Fresh Fruit and Pears 1% Milk or FF Chocolate Milk</p>	<p>Taco or Cheese Pizza WG Crust OR Hamburger on WW Bun with Lettuce, Tomato and Ketchup OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Baked Beans Mixed Green Salad with Dressing Fresh Fruit and Peaches 1% Milk or FF Chocolate Milk</p>
Monday 10/9	Tuesday 10/10	Wednesday 10/11	Thursday 10/12	Friday 10/13
<p>Chili Cheese Fries with WG Roll OR Turkey Burger on WW Bun with Tomato, Lettuce and Ketchup OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Green Peas Golden Chef Cut Vegetables Fresh Fruit and Pears 1% Milk or FF Chocolate Milk</p>	<p>Krispy Chicken with Brown Pilaf Rice and WW Roll OR Meatball Sandwich on WG Hoagie OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Broccoli Florets Cucumber and Tomato Salad Fresh Fruit and Applesauce 1% Milk or FF Chocolate Milk</p>	<p>Beef, WG Macaroni and Tomato Casserole with Creamy Coleslaw, WG Roll and Carrots OR Selection of Pre-made Salads with WG Roll and Dressing</p> <p style="text-align: center;">Apple Juice and Fresh Orange 1% Milk or FF Chocolate Milk</p>	<p>Salisbury Steak with Gravy and WG Roll OR Spicy Chicken WG Burrito OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches Roasted Sweet Potatoes Green Peas Fresh Fruit and Peaches 1% Milk or FF Chocolate Milk</p>	<p>Sausage or Cheese Pizza WG Crust OR Fish WW Sandwich and Tartar Sauce OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">BBQ Baked Beans Tossed Salad with Dressing Fresh Fruit and Pineapple 1% Milk or FF Chocolate Milk</p>
Monday 10/16	Tuesday 10/17	Wednesday 10/18	Thursday 10/19	Friday 10/20
<p>Roast Turkey with WG Stuffing, WW Roll and Gravy OR Sloppy Joe Sandwich on WW Bun OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Mashed Potatoes Broccoli Florets Fresh Fruit and Peaches 1% Milk or FF Chocolate Milk</p>	<p>Vegetable Lasagna with WG Bread Stick OR Philly Steak WG Hoagie Roll OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Green Beans Marinated Vegetable Salad Fresh Fruit and Pears 1% Milk or FF Chocolate Milk</p>	<p>WG Taco Casserole with Carrot Coins, Southwestern Coleslaw, and WG Roll OR Selection of Pre-made Salads with WW Roll and Dressing</p> <p style="text-align: center;">Orange Juice and Fresh Apple 1% Milk or FF Chocolate Milk</p>	<p>Carolina BBQ Chicken with WG Roll OR Crunchy Pollack Burger on WW Bun with Tartar Sauce OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Sweet Potatoes Fries Seasoned Collard Greens Fresh Fruit and Pineapple 1% Milk or FF Chocolate Milk</p>	<p>Hamburger or Cheese Pizza on WG Crust OR Hot Dog on WW Bun with Mustard OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Baked Beans Mixed Green Salad with Dressing Fresh Fruit and Applesauce 1% Milk or FF Chocolate Milk</p>
Monday 10/23	Tuesday 10/24	Wednesday 10/25	Thursday 10/26	Friday 10/27
<p>Spaghetti and Meatballs with WG Bread Stick OR Grilled Cheese on WW Sandwich with Tomato Soup OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Green Peas Pacific Chef Cut Vegetables Fresh Fruit and Pineapples 1% Milk or FF Chocolate Milk</p>	<p>Herb Baked Chicken with WG Roll OR Fish Sandwich on WW Bun with Tartar Sauce OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Roasted Sweet Potatoes Spinach and Tomato Salad Fresh Fruit and Peaches 1% Milk or FF Chocolate Milk</p>	<p>Cheesy Beef Casserole with Carrot Coins, Confetti Coleslaw and WG Roll OR Selection of Pre-made Salads with WW Roll and Dressing</p> <p style="text-align: center;">Apple Juice and Fresh Orange 1% Milk or FF Chocolate Milk</p>	<p>Meatloaf with WG Roll and Gravy OR Turkey Carnitas Burrito on WG Tortilla OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Mashed Potatoes Broccoli Florets Fresh Fruit and Applesauce 1% Milk or FF Chocolate Milk</p>	<p>BBQ Chicken or Cheese Pizza on WG OR Southwestern Turkey Burger on WW Bun Lettuce, Tomato and Ketchup OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Spicy Baked Beans Tossed Salad with Dressing Fresh Fruit and Pears 1% Milk or FF Chocolate Milk</p>