October, 2018 High School Menu

| Monday 10/1 | T 1 40/0 | 14/- 1- 1 40/6 | Ti 1 40/4 | F.: 1 46/F |
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| Homestyle Meatinal with Prows | Tuesday 10/2 Chicken Fajitas with Bell Peppers | Wednesday 10/3 Vegetable Lasagna with Creamy | Thursday 10/4 Apple Cider Glazed Chicken | Friday 10/5 Italian Sausage or Cheese Whole |
| Homestyle Meatloaf with Brown Gravy | and Onions, Guacamole and Cheddar | Florentine Sauce and Whole Grain Garlic Breadstick | 1 | Grain Pizza with Homemade Sauce |
| Pulled Barbecue Chicken on a | | 2 2.0445101 | Bratwurst with Apples and | |
| Whole Grain Roll | Cheese Quesadilla on Whole Wheat Flour Tortilla | Breaded Fish Fillet Sandwich on a Whole Grain Bun with American | Saurkraut on a Whole Grain Roll | Eggplant Parmesan Sub on a Whole Grain Roll |
| Selection of Pre-Made Salads, Sandwiches, with Whole Grain | Selection of Pre-Made Salads, | Cheese and Tarter Sauce, Lettuce and Tomato | Selection of Pre-Made Salads, Sandwiches, with Whole Grain | Selection of Pre-Made Salads, |
| Breads and Low Fat Dressings | Sandwiches, with Whole Grain Breads and Low Fat Dressings | Selection of Pre-Made Salads, | Breads and Low Fat Dressings | Sandwiches, with Whole Grain Breads and Low Fat Dressings |
| Steamed Broccoli, Baked | | Sandwiches, with Whole Grain | Local Butternut Squash, Oven | |
| Sweet Potatoes, Fresh Hand Fruit and Apple Sauce | Mexican Rice, Refried Beans, Tex Mex Garden Salad | Breads and Low Fat Dressings | Roasted Potatoes Fresh Hand Fruit and Apple Sauce | Tossed Salad with Low Fat Dressing, Roasted Vegetable and |
| 1% Milk or FF Chocolate Milk | Fresh Hand Fruit and Tropical Fruit Salad | Steamed Seasoned Broccoli, Spinach Sauteed in Garlic and | 1% Milk or FF Chocolate Milk | Potato Medley Fresh Hand Fruit and Peaches |
| | 1% Milk or FF Chocolate Milk | Olive Oil Fresh Hand Fruit and Pears | | 1% Milk or FF Chocolate Milk |
| Monday 10/8 | Tuesday 10/9 | Wednesday 10/10 | Thursday 10/11 | Friday 10/12 |
| Roasted Pork Loin with Apple and | Asian Beef and Broccoli | Oven Roasted Turkey Breast with | Whole Grain Chicken Tenders with | Veggie Lovers Pizza or Cheese |
| Grain Mustard Glaze and a Whole Grain Roll | Teriyaki Chicken and Grilled | Gravy and Cranberry Cornbread Stufing | Dipping Sauce | Pizza on Whole Grain Pizza Crust with Homemade Sauce |
| | Pineapple Sandwich on a WHole | | Philly Cheese Steak on a Whole | |
| Veggie Burger with Swiss and Guacamole on a Whole Grain Bun | Grain Roll | Cajun Turkey Burger with Swiss Cheese and Ranch with Lettuce | Grain Bun | Grilled Cheeseburger with American Cheese and Fries |
| | Selection of Pre-Made Salads, | and Tomato on a Whole Grain Roll | • | |
| Selection of Pre-Made Salads, Sandwiches, with Whole Grain | Sandwiches, with Whole Grain Breads and Low Fat Dressings | Selection of Pre-Made Salads, | Sandwiches, with Whole Grain Breads and Low Fat Dressings | Selection of Pre-Made Salads, Sandwiches, with Whole Grain |
| Breads and Low Fat Dressings | | Sandwiches, with Whole Grain | _ | Breads and Low Fat Dressings |
| Broccoli Florets | Stir Fry Vegetables, Vegetable Fried Rice | Breads and Low Fat Dressings | Baked Sweet Potato Fries, Fresh Fruit and Diced Local | Field Green Salad with Fresh |
| Cucumber and Tomato Salad | Fresh Hand Fruit and Fruit Salad | | Honeydew Melon | Berries and Dried Canberries with |
| Fresh Hand Fruit and Fruit Salad 1% Milk or FF Chocolate Milk | 1% Milk or FF Chocolate Milk | Mashed Potatoes, Vegetable Medley | 1% Milk or FF Chocolate Milk | Balsamic, Baked Crispy Fries Fresh Fruit and Apple Sauce |
| 170 WHIR OF FF CHOCOTAGE WHIR | | Fresh Hand Fruit and Pears | | 1% Milk or FF Chocolate Milk |
| | | 1% Milk or FF Chocolate Milk | | |
| Monday 10/15 | Tuesday 10/16 | Wednesday 10/17 | Thursday 10/18 | Friday 10/19 Buffalo Chicken Pizza or Cheese |
| Oven Fried Chicken and Whole Grain Waffles | Ground Beef Soft Tacos Vegetable Quesadilla on Whole | Glazed Spiral Ham with Baked Apples | Classic Beef Lasagna with Fresh Pomodoro Sauce | Pizza on Whole Grain Pizza Curst with Homemade Sauce |
| Italian Panini with Roasted Red Peppers, and Banana Peppers | Wheat Flour Tortilla | Corned Beef Reuban Sandwich | Chicken Caesar Panini | Grilled Cheese Sandwich on |
| | Selection of Pre-Made Salads, | Selection of Pre-Made Salads, | Selection of Pre-Made Salads, | Whole Grain Bread |
| Selection of Pre-Made Salads, Sandwiches, with Whole Grain | Sandwiches, with Whole Grain Breads and Low Fat Dressings | Sandwiches, with Whole Grain Breads and Low Fat Dressings | Sandwiches, with Whole Grain Breads and Low Fat Dressings | Selection of Pre-Made Salads, |
| Breads and Low Fat Dressings | Breads and Low Fat Bressings | _ | | Sandwiches, with Whole Grain |
| Sauteed Greens, Seasoned | Red Beans and Rice, Mexican Corn and Tortilla Salad | Green Bean Cassarole, Mashed Sweet Potatoes | Steamed Broccoli, Whole Grain Garlic Bread Stick, Garden Salad | Breads and Low Fat Dressings |
| Butternut Squash | Fresh Hand Fruit and Diced | Fresh Hand Fruit and Diced Pears | with Low Fat Dressing | Tomato Cucumber Salad with Low |
| Fresh Hand Fruit and Diced Peaches | Peaches 1% Milk or FF Chocolate Milk | 1% Milk or FF Chocolate Milk | Fresh Hand Fruit and Fresh Fruit Salad | Fat Balsamic, Roasted Vegetable Medley |
| 1% Milk or FF Chocolate Milk | 170 Milk of 11 Onocolate Milk | | 1% Milk or FF Chocolate Milk | Fresh Hand Fruit and Fresh Fruit |
| | | | | Salad 1% Milk or FF Chocolate Milk |
| Monday 10/22 | | - | | |
| Classic Macaroni and Cheese with | Tuesday 10/23 | l Wednesday 10/24 | Thursday 10/25 | Friday 10/26 |
| Joidooro macaroni and Chicese Willi | Tuesday 10/23 Brunch Menu | Wednesday 10/24 Barbecue Pork Ribs | Thursday 10/25 Flank Steak with Local Organic | Friday 10/26 Meat Lovers or Cheese Pizza on |
| Whole Grain Macaroni | Brunch Menu Whole Grain Pancakes and | Barbecue Pork Ribs | i e e e e e e e e e e e e e e e e e e e | Meat Lovers or Cheese Pizza on Whole Grain Pizza Curst with |
| Whole Grain Macaroni Chicken Parmesan Sandwich on a | Brunch Menu | | Flank Steak with Local Organic Mushroom Gravy Chicken Cheesesteak Sub on a | Meat Lovers or Cheese Pizza on Whole Grain Pizza Curst with Homemade Sauce |
| Whole Grain Macaroni | Brunch Menu Whole Grain Pancakes and Scrambled Cheesy Eggs with Sausage and Syrup | Barbecue Pork Ribs Pulled Barbecue Chicken Sandwich Topped with Cole Slaw | Flank Steak with Local Organic Mushroom Gravy | Meat Lovers or Cheese Pizza on Whole Grain Pizza Curst with |
| Whole Grain Macaroni Chicken Parmesan Sandwich on a Whole Grain Roll Selection of Pre-Made Salads, | Brunch Menu Whole Grain Pancakes and Scrambled Cheesy Eggs with Sausage and Syrup Breakfast Burger, Cheeseburger topped with Fried Egg, Cheddar | Barbecue Pork Ribs Pulled Barbecue Chicken Sandwich Topped with Cole Slaw Selection of Pre-Made Salads, Sandwiches, with Whole Grain | Flank Steak with Local Organic Mushroom Gravy Chicken Cheesesteak Sub on a Whole Grain Roll Selection of Pre-Made Salads, | Meat Lovers or Cheese Pizza on Whole Grain Pizza Curst with Homemade Sauce Veggie Lovers Calzone Selection of Pre-Made Salads, |
| Whole Grain Macaroni Chicken Parmesan Sandwich on a Whole Grain Roll Selection of Pre-Made Salads, Sandwiches, with Whole Grain | Brunch Menu Whole Grain Pancakes and Scrambled Cheesy Eggs with Sausage and Syrup Breakfast Burger, Cheeseburger | Barbecue Pork Ribs Pulled Barbecue Chicken Sandwich Topped with Cole Slaw Selection of Pre-Made Salads, | Flank Steak with Local Organic Mushroom Gravy Chicken Cheesesteak Sub on a Whole Grain Roll Selection of Pre-Made Salads, Sandwiches, with Whole Grain | Meat Lovers or Cheese Pizza on Whole Grain Pizza Curst with Homemade Sauce Veggie Lovers Calzone Selection of Pre-Made Salads, Sandwiches, with Whole Grain |
| Whole Grain Macaroni Chicken Parmesan Sandwich on a Whole Grain Roll Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings | Brunch Menu Whole Grain Pancakes and Scrambled Cheesy Eggs with Sausage and Syrup Breakfast Burger, Cheeseburger topped with Fried Egg, Cheddar Cheese, and Grilled Onions Selection of Pre-Made Salads, | Pulled Barbecue Chicken Sandwich Topped with Cole Slaw Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Honey Corn Bread, Barbecue | Flank Steak with Local Organic Mushroom Gravy Chicken Cheesesteak Sub on a Whole Grain Roll Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings | Meat Lovers or Cheese Pizza on Whole Grain Pizza Curst with Homemade Sauce Veggie Lovers Calzone Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings |
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| Whole Grain Macaroni Chicken Parmesan Sandwich on a Whole Grain Roll Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Green Peas, Tossed Garden Salad with Low Fat Dressing Fresh Fruit and Pears 1% Milk or FF Chocolate Milk Monday 10/29 Lemon and Herb Baked Salmon Corn Dog Selection of Pre-Made Salads, Sandwiches, with Whole Grain | Brunch Menu Whole Grain Pancakes and Scrambled Cheesy Eggs with Sausage and Syrup Breakfast Burger, Cheeseburger topped with Fried Egg, Cheddar Cheese, and Grilled Onions Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Baked Home Fried Potatoes, Steamed Vegetable Meadley Fresh Fruit and Fresh Fruit Salad 1% Milk or FF Chocolate Milk Tuesday 10/30 Shredded Chicken Soft Tacos Grilled Vegetable and Bean Burrito Selection of Pre-Made Salads, Sandwiches, with Whole Grain | Pulled Barbecue Chicken Sandwich Topped with Cole Slaw Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Honey Corn Bread, Barbecue Baked Beans, Cole Slaw Fresh Fruit and Fresh Fruit Salad 1% Milk or FF Chocolate Milk Wednesday 10/31 Bats and Cobweb Pasta (bowtie pasta with meat sauce and baked mozzarella cheese) Monster Eyeball Sub (turkey meatball sub) | Flank Steak with Local Organic Mushroom Gravy Chicken Cheesesteak Sub on a Whole Grain Roll Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Garlic Mashed Potatoes, Steamed Mixed Vegetables Fresh Fruit and Local Watermelon 1% Milk or FF Chocolate Milk | Meat Lovers or Cheese Pizza on Whole Grain Pizza Curst with Homemade Sauce Veggie Lovers Calzone Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Tossed Salad with Low Fat Dressing, Roasted Vegetable and Potato Medley Fresh Hand Fruit and Peaches 1% Milk or FF Chocolate Milk |
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