

**October, 2018
High School Menu**

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