

High Schools  Lunch - Main Fare

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# OCTOBER 2021

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**-Choose 1-**

Chicken Tenders  
w/ Dinner Roll  
All Beef Hot Dog  
w/ Bun  
w/ Cheese Sauce

**-Add-**

Mashed Potatoes  
w/ Gravy  
Brussels Sprouts  
w/ Cheese Sauce

**-Garden Vegetable Bar-**

Baby Carrots  
Celery Sticks  
Super Food Salad

**-Fruit Bar-**

Applesauce Cup  
Kiwi Wedges  
Chilled Peaches

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**4****-Choose 2 Grains-**

Cinnamon Roll

Rice

**-Choose 1 Protein-**

Honey Fire Chicken

General Tso's  
Chicken**-Add-**

Green Beans

**-Garden Vegetable  
Bar-**

Cauliflower Florets

Grape Tomatoes

Pomegranate  
Blueberry Spinach  
Salad**-Fruit Bar-**

Apple Wedges

Chilled Pears &  
BlueberriesFresh Grape  
Clusters**5****-Choose 2 Grains-**

Rice

Corn Tortilla Chips

Flour Tortilla

**-Choose 1 Protein-**

Southwest Chicken

Spicy Beef

**-Add-**

Golden Queso

Black Beans

Baked Plantains

**-Garden Vegetable  
Bar-**Shredded Romaine  
Lettuce

Pico de Gallo

Corn Salad

**-Fruit Bar-**

Chilled Peaches

Frozen Mixed Berry  
Cup

Grapefruit Wedges

**6****-Choose 1-**

Chicken

&amp; Waffles

Mini Pancakes

w/ Sausage Links

**-Add-**

Hot Spiced Apples

**-Garden Vegetable  
Bar-**

Tossed Salad

Baby Carrots

Broccoli Florets

**-Fruit Bar-**Chilled Pineapple  
Chunks

Fresh Pear

Orange Wedges

**7****-Choose 1-**

Rosé Bolognese

w/ Garlic Bread

Steak & Cheese  
Stromboli

w/ Dipping Sauce

**-Add-**Kickin' Roasted  
Veggies**-Garden Vegetable  
Bar-**

Celery Sticks

Greek Salad

Sliced Beets

**-Fruit Bar-**Mandarin Orange  
CupStrawberry  
Shortcake

Fresh Banana

**8****-Choose 1-**

Popcorn Chicken

w/ Dinner Roll

Hippie Roll

w/ Dipping Sauce

**-Add-**

Mashed Potatoes

w/ Gravy

Parmesan  
Broccoli**-Garden Vegetable  
Bar-**

BLT Salad

Baby Carrots

Cucumber Slices

**-Fruit Bar-**

Fresh Apple

Chilled Mixed Fruit

Fresh Melon

**11****12****-Choose 1-**

Chicken Enchilada  
w/ Fiesta Rice

**-Choose 2 Grains-**

Fiesta Rice  
Corn Tortilla Chips  
Gordita Bread

**-Choose 1 Protein-**

Spicy Beef  
Southwest Chicken

**-Add-**

Golden Queso  
Candy Corn  
Refried Beans

**-Garden Vegetable Bar-**

Shredded Romaine  
Lettuce  
Pico de Gallo

**-Fruit Bar-**

Apple Wedges  
Mango Pineapple  
Salsa  
Frozen Fruit Juice  
Cup

**13****-Choose 1-**

Fiesta Queso  
Macaroni & Cheese  
w/ Dinner Roll

Philly Cheese Steak

**-Add-**

Curly Fries  
Tomato Basil Soup

**-Garden Vegetable Bar-**

Tossed Salad  
Sunny Broccoli &  
Cauliflower Toss

Grape Tomatoes

**-Fruit Bar-**

Chilled Pineapple  
Chunks  
Fresh Grape  
Clusters  
Fruit Crisp

**14****-Choose 1-**

Lasagna  
w/ Garlic Bread

**-Choose 2 Grains-**

Spaghetti Noodles  
Garlic Bread

**-Choose 1 Protein-**

Crispy Chicken Fillet  
Meatballs

**-Add-**

Alfredo Sauce  
Marinara Sauce

Steamed Broccoli

**-Garden Vegetable Bar-**

BLT Salad  
Cucumber Slices  
Pumpkin Soufflé

**-Fruit Bar-**

Chilled Mandarin  
Oranges  
Fresh Strawberries  
Pear Wedges

**15****-Choose 1-**

Chicken Tenders  
w/ Dinner Roll

All Beef Hot Dog  
w/ Bun

w/ Cheese Sauce

**-Add-**

Mashed Potatoes  
w/ Gravy

Brussels Sprouts  
w/ Cheese Sauce

**-Garden Vegetable Bar-**

Baby Carrots  
Celery Sticks  
Super Food Salad

**-Fruit Bar-**

Applesauce Cup  
Kiwi Wedges  
Chilled Peaches

<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>
<b>-Choose 2 Grains-</b>	<b>-Choose 2 Grains-</b>	<b>-Choose 1-</b>	<b>-Choose 1-</b>	<b>-Choose 1-</b>
Cinnamon Roll	Rice	Chicken	Rosé Bolognese	Popcorn Chicken
Rice	Corn Tortilla Chips	& Waffles	w/ Garlic Bread	w/ Dinner Roll
<b>-Choose 1 Protein-</b>	Flour Tortilla	Mini Pancakes	Steak & Cheese Stromboli	Hippie Roll
Honey Fire Chicken	<b>-Choose 1 Protein-</b>	w/ Sausage Links	w/ Dipping Sauce	w/ Dipping Sauce
General Tso's Chicken	Southwest Chicken	<b>-Add-</b>	<b>-Add-</b>	<b>-Add-</b>
<b>-Add-</b>	Spicy Beef	Hot Spiced Apples	Kickin' Roasted Veggies	Mashed Potatoes
Green Beans	<b>-Add-</b>	<b>-Garden Vegetable Bar-</b>	<b>-Garden Vegetable Bar-</b>	w/ Gravy
<b>-Garden Vegetable Bar-</b>	Golden Queso	Tossed Salad	<b>-Garden Vegetable Bar-</b>	Parmesan Broccoli
Cauliflower Florets	Black Beans	Baby Carrots	Celery Sticks	<b>-Garden Vegetable Bar-</b>
Grape Tomatoes	Baked Plantains	Broccoli Florets	Greek Salad	BLT Salad
Pomegranate	<b>-Garden Vegetable Bar-</b>	<b>-Fruit Bar-</b>	Sliced Beets	Baby Carrots
Blueberry Spinach Salad	Shredded Romaine Lettuce	Chilled Pineapple Chunks	<b>-Fruit Bar-</b>	Cucumber Slices
<b>-Fruit Bar-</b>	Pico de Gallo	Fresh Pear	Mandarin Orange Cup	<b>-Fruit Bar-</b>
Apple Wedges	Corn Salad	Orange Wedges	Strawberry Shortcake	Fresh Apple
Chilled Pears & Blueberries	<b>-Fruit Bar-</b>		Fresh Banana	Chilled Mixed Fruit
Fresh Grape Clusters	Chilled Peaches			Fresh Melon
	Frozen Mixed Berry Cup			
	Grapefruit Wedges			

25	26	27	28	29
<p><b>-Choose 2 Grains-</b> Cinnamon Roll Rice</p> <p><b>-Choose 1 Protein-</b> Dragon Fire Chicken Chicken Teriyaki</p> <p><b>-Add-</b> Stir Fried Cabbage</p> <p><b>-Garden Vegetable Bar-</b> Baby Carrots Layered Lettuce Salad Cauliflower Florets</p> <p><b>-Fruit Bar-</b> Chilled Mixed Fruit Graham Banana Bites Orange Wedges</p>	<p><b>-Choose 1-</b> Chicken Enchilada w/ Fiesta Rice</p> <p><b>-Choose 2 Grains-</b> Fiesta Rice Corn Tortilla Chips Gordita Bread</p> <p><b>-Choose 1 Protein-</b> Spicy Beef Southwest Chicken</p> <p><b>-Add-</b> Golden Queso Candy Corn Refried Beans</p> <p><b>-Garden Vegetable Bar-</b> Shredded Romaine Lettuce Pico de Gallo</p> <p><b>-Fruit Bar-</b> Apple Wedges Mango Pineapple Salsa Frozen Fruit Juice Cup</p>	<p><b>-Choose 1-</b> Fiesta Queso Macaroni &amp; Cheese w/ Dinner Roll Philly Cheese Steak</p> <p><b>-Add-</b> Curly Fries Tomato Basil Soup</p> <p><b>-Garden Vegetable Bar-</b> Tossed Salad Sunny Broccoli &amp; Cauliflower Toss Grape Tomatoes</p> <p><b>-Fruit Bar-</b> Chilled Pineapple Chunks Fresh Grape Clusters Fruit Crisp</p>	<p><b>-Choose 1-</b> Lasagna w/ Garlic Bread</p> <p><b>-Choose 2 Grains-</b> Spaghetti Noodles Garlic Bread</p> <p><b>-Choose 1 Protein-</b> Crispy Chicken Fillet Meatballs</p> <p><b>-Add-</b> Alfredo Sauce Marinara Sauce Steamed Broccoli</p> <p><b>-Garden Vegetable Bar-</b> BLT Salad Cucumber Slices Pumpkin Soufflé</p> <p><b>-Fruit Bar-</b> Chilled Mandarin Oranges Fresh Strawberries Pear Wedges</p>	<p><b>-Choose 1-</b> Chicken Tenders w/ Dinner Roll All Beef Hot Dog w/ Bun w/ Cheese Sauce</p> <p><b>-Add-</b> Mashed Potatoes w/ Gravy Brussels Sprouts w/ Cheese Sauce</p> <p><b>-Garden Vegetable Bar-</b> Baby Carrots Celery Sticks Super Food Salad</p> <p><b>-Fruit Bar-</b> Applesauce Cup Kiwi Wedges Chilled Peaches</p>

This institution is an equal opportunity provider.