



High School Lunch Menu

October 2017

2
Chicken Drumstick w/ Roll Cheese Wrap w/ Veggies & Hummus
Popcorn Chicken Salad

Corn, Broccoli, Grapes, Fruit Cocktail, 100% Fruit Juice

3
Rotini w/ Beef Sauce Turkey & Cheese Sdw *Cobb Salad

Steamed Vegetables, Corn, Cucumber Slices, Banana, Fruit Cocktail

4 **National Taco Day!**
Chicken Tacos *Ham & Cheese Sub Taco Salad w/ Beef

Shredded Lettuce, Salsa, Green Beans, Apples, 100% Fruit Juice

5
Tater Bite Chicken Nachos Three Cheese Wrap Ranch Chicken Salad

Baked Beans, Baby Carrots, Garden Salad, Oranges, Applesauce

6
Popcorn Chicken w/ Broccoli & Rice Turkey & Cheese Wrap Chef Salad

Steamed Broccoli, Baby Carrots, Garden Salad, Fruit Cocktail, Blueberries

9 **Fuel!**
Chicken 'N Cheese Griller Cheese Wrap w/ Veggies & Hummus
Popcorn Chicken Salad

Mashed Potatoes, Corn, Broccoli, Grapes, Fruit Cocktail, 100% Fruit Juice, **Treat**

10 **Fuel!**
Steak 'N Cheese Griller Turkey & Cheese Sdw *Cobb Salad

Corn, Cucumber Slices, Banana, Fruit Cocktail, 100% Fruit Juice, **Treat**

11 **Fuel!**
Chicken 'N Cheese Griller *Ham & Cheese Sub Taco Salad w/ Beef

Grape Tomatoes, Green beans, Garden Salad, Apples, 100% Fruit Juice, **Treat**

12 **Fuel!**
Steak 'N Cheese Griller Three Cheese Wrap Ranch Chicken Salad

Baked Beans, Baby Carrots, Garden Salad, Oranges, Applesauce, **Treat**

1 **Fuel!**
Chicken 'N Cheese Griller Turkey & Cheese Wrap Chef Salad

Steamed Broccoli, Red Pepper Strips, Garden Salad, Fruit Cocktail, Applesauce, **Treat**

16
Fish Sticks w/ Mac 'n Cheese
Cheese Wrap w/ Veggies & Hummus
Popcorn Chicken Salad

Mashed Potatoes, Broccoli, Grapes, Fruit Cocktail, 100% Fruit Juice

17 **National Pasta Day!**
Cheesy Penne Pasta Bake Turkey & Cheese Sdw *Cobb Salad

Steamed Vegetables, Red Pepper Strips, Garden Salad, Banana, Peaches

18
Cheese Pizza *Ham & Cheese Sub Taco Salad w/ Beef

Tater Tots, Green Beans, Garden Salad, Apples, Pears, 100% Fruit Juice

19
French Toast w/ Cheesy Omelet *Ham & Cheese Sub Taco Salad w/ Beef

Tomatoes, Zucchini, Apples, Pears, 100% Fruit Juice

20
Grilled Cheese Turkey & Cheese Wrap Chef Salad

Broccoli, Green Beans, Garden Salad, Fruit Cocktail, Melon

23
Cheeseburger Cheese Wrap w/ Veggies & Hummus
Popcorn Chicken Salad

Baked Fries, Tomatoes, Grapes, Fruit Cocktail, 100% Fruit Juice

24
Popcorn Chicken Bowl w/ Pretzel Rod Turkey & Cheese Sdw *Cobb Salad

Red Pepper Strips, Corn, Jicama, Garden Salad, Bananas, Peaches

25
Cheese Ravioli w/ Sauce *Ham & Cheese Sub Taco Salad w/ Beef

Brussel Sprouts, Celery Sticks, Fruit Cocktail, Oranges

26
Chicken Drumstick w/ Corn Muffin *Ham & Cheese Sub Taco Salad w/ Beef

Mashed Potatoes, Apples, Pears, 100% Fruit Juice

27
Beef & Rice Bowl Turkey & Cheese Wrap Chef Salad

Cucumber Slices, Broccoli, Peaches, Melon, 100% Fruit Juice

30
Pancakes w/ Cheddar Omelet
Cheese Wrap w/ Veggies & Hummus
Popcorn Chicken Salad

Tater Tots, Broccoli, Garden Salad, Grapes, Fruit Cocktail

31 **Happy Halloween!**
Freaky Fish Sticks w/ Mac 'n Cheese Turkey & Cheese Sdw *Cobb Salad

Celery, Red Pepper Strips, Banana, Peaches, 100% Fruit Juice, Treat

Students who qualify for Free or Reduced Lunch also qualify for Breakfast. Come join us!

Food Items may be manufactured in a facility that contains peanuts & tree nuts. Aramark does not intentionally add any peanuts or tree nuts to food that is on the menu unless otherwise noted.

Peanut Butter & Jelly Sandwiches Offered Daily!

All Salads are served with whole-grain bread!

National Taco Day: 10/4!
National Pasta Day: 10/17!
Check out our **FUEL** Specials-featured from 10/9-10/13.
Chicken 'N Cheese Griller: Chicken and Pimento Style Grilled Cheese Sandwich
Steak 'N Cheese Griller: Grilled Steak and Cheese Sandwich
Join us for **National School Lunch Week:** 10/9-10/13!
Purchase our FUEL menu item of the day and receive a special treat!

Lunch Accounts: Payments can be made online or by sending cash or check with your student. Lunch: \$2.55, Reduced \$.40, Adult: \$4.50 (does not include milk). Milk: \$0.30
Milk: 1% White, Skim White and Skim Chocolate are offered daily.
Whole Grains: All bread served is whole grain rich! All salads are served with a whole grain roll.
*Contains Pork
Menu is Subject to change without notice
Questions or concerns? Call Pam at 262-238-5648

