

October 2018

Breakfast Lunch

Grades 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mini Waffles Breakfast, PBJ, or Cereal, Applesauce, Juice Grilled Cheese w/ Black Bean Soup	2 Zee Zee Bar's, Breakfast Sandwich, or Cereal, Dried Cranberries Juice Roasted Herb Chicken w/ Rice	3 Turkey Chorizo Breakfast Burrito, PBJ, or Cereal, Applesauce, Juice Goulash w/ Breadstick	4 Frudel, Breakfast Sandwich, or Cereal, Fruit Cup, Juice Sliced Beef Mashed Potato Bowl	5 Chef's Choice, Cereal, or PBJ, Fruit Cup, Applesauce Hot Dogs w/ Wedge Fries
8 Breakfast Pizza, PBJ, or Cereal, Dried Cranberries, Juice Mac & Cheese with Pretzel Rods	9 Muffin Top, Breakfast Sandwich, or Cereal, Fruit Cup, Juice Jalapeno Beef Wrap w/ Queso Blanco	10 Yogurt Parfait, PBJ, or Cereal, Fruit Cup, Juice Philly Cheesesteak on Hoagie Roll	11 Sausage-Pancake Stick, Breakfast Sandwich, or Cereal, Dried Cranberries, Juice Pasta Bake w/ Breadsticks	12 NO SCHOOL
15				
FALL				
BREAK				
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19				
22 Mini Waffles Breakfast, PBJ, or Cereal, Apples Slices, Juice Cheese Omelet w/ French Toast Sticks	23 Zee Zee Bar's, Breakfast Sandwich, or Cereal, Orange, Juice BBQ Pork Sandwich w/ Coleslaw and Baked Beans	24 Breakfast Burrito, PBJ, or Cereal, Apple Slices, Juice Philly Cheesesteak on Hoagie Roll	25 Frudel, Breakfast Sandwich, or Cereal, Orange, Juice Cowboy Mac & Cheese w/ Corn Chips	26 Chef's Choice, Cereal, or PBJ, Apple Slices, Orange Cheesy Breadstick w/ Marinara
29 Breakfast Pizza, PBJ, or Cereal, Apple Slices, Juice Grilled Cheese Soup w/ Black Bean Soup	30 Zee Zee Bar's, Breakfast Sandwich, or Cereal, Orange, Juice Roasted Herb Chicken w/ Rice	31 Breakfast Burrito, PBJ, or Cereal, Apple Slices, Juice Goulash w/ Garlic Breadsticks	Frudel, Breakfast Sandwich, or Cereal, Fruit Cup, Juice Sliced Beef Mashed Potato Bowl	Chef's Choice, Cereal, or PBJ, Fruit Cup, Applesauce Hot Dogs w/ Wedge Fries

Also offered weekly

Cheeseburger, Chicken Sandwich, Fries	Hamburger, Spicy Chicken Sandwich, Fries	Pork Ribbie Sandwich, Corn Dog, Wedge Fries	Hamburger, Spicy Chicken Sandwich, Fries	Cheeseburger, Chicken Sandwich, Fries
Cheese Pizza, BBQ Chicken Pizza, Marinara Sauce	Cheese Pizza, Meatball Pizza, Marinara Sauce	Cheese Pizza, Hawaiian Pizza, Marinara Sauce	Cheese Pizza, Calzone, Marinara Sauce	Cheese Pizza, Green Chile Carnitas Pizza, Marinara Sauce
Asian Buffalo Chicken, Fried Rice, Peas & Carrots	General Tso Chicken, LoMein & Stir Fry Veggies	Orange Chicken, Fried Rice, Peas & Carrots	Kung Pao Chicken, Fried Rice, Peas & Carrots	Teriyaki Chicken, LoMein & Stir Fry Veggies
Traditional Cheese Enchiladas, Beans & Cilantro-Lime Rice	Beef Hard Shell Tacos, Beans, Cilantro Lime Rice, Toppings	BYO Burrito, Beans & Cilantro-Lime Rice	Green Chile Cheese Enchiladas, Beans & Cilantro-Lime Rice	Carnitas Taco Bowl, Black Beans, Fajita Veggies, Toppings
PB & J Sandwich, Italian Hoagie	PB & J Sandwich, Turkey Sub	PB & J Sandwich, Chicken Garden Veg Pasta Salad	PB & J Sandwich, Ham & Cheese Sub	PB & J Sandwich, Popcorn Chicken Wrap



Menu items subject to change based on availability.

This institution is an equal opportunity provider and employer.

All enrolled students eat at no charge for the first serving of breakfast and lunch. * 2nd Serving of Breakfast; \$1.50 * 2nd Serving of Lunch \$2.50 * Additional Milk \$0.60/Water \$0.50

Adult Meals

Breakfast \$2.50

Lunch \$3.75

Daily Offerings: 1% and non-fat white milk, non-fat chocolate milk, 8oz water & salad bar

Seasonal offerings daily on the salad bar.

*Don't forget to take at least 1/2 cup of fruit or vegetable with your lunch! *