

OCTOBER

HIGH SCHOOL LUNCH MENU

ENTREES OFFERED DAILY

Peanut Butter & Jelly Uncrustable (vg)
with *Cheese Stick* (v) or *Hummus* (vg) and
Crackers

Yogurt (v)
with *Granola* (vg)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken & Waffles 5 Hamburger  Cheeseburger Fiesta Queso Mac 'n Cheese (v)* <i>with Garlic Bread</i> <i>Potato Wedges</i> <i>Chilled Peaches</i>	Popcorn Chicken 6 <i>with Garlic Knot</i> Veggie Buffalo Bites (vg) <i>with Garlic Knot</i> Sloppy Joes <i>Baked Beans</i> <i>Apple Wedges</i>	Pizza Sticks (v)* 7 Honey Fire Chicken or Tofu <i>with Cinnamon Bread</i> Grilled Cheese Sandwich (v) <i>Stir Fried Cabbage</i> <i>Tossed Salad</i>	Nachos or Burrito 8 <i>with Spicy Beef or Southwest Chicken</i> Chicken & Cheese Empanadas Cheese Quesadilla (v)* <i>Cilantro Lime Rice</i> <i>Graham Banana Bites</i>	Baked Ziti (v)* 9 <i>with Garlic Bread</i> Cheese Pizza (v) Detroit-Style Pepperoni Pizza <i>Asian Pears</i> <i>Parmesan Broccolini</i>
NO SCHOOL 12	Popcorn Chicken 13 <i>with Dinner Roll</i> Hamburger  Cheeseburger Grilled Cheese Sandwich (v) <i>Mashed Potatoes</i> <i>House Salad</i>	Breakfast Pizza (v) 14 French Toast Sticks (v) <i>with Egg Bites</i> (v) Bird Dog <i>Tri-Taters</i> <i>Tropical Fruit Salad</i>	Nachos or Tacos 15 <i>with Spicy Beef</i> Fish Tacos Beef & Bean Burrito  Pizza Boli Bites (v) <i>Baked Plantains</i> <i>Seasoned Pinto Beans</i>	Chili Dog 16 Pepperoni Pizza Pizza Sticks (v)* <i>Roasted Sweet Potatoes and Apples</i> <i>Spring Mix Salad</i>
Chicken Drumstick 19 <i>with Dinner Roll</i> Crispy Chicken Sandwich Fiesta Queso Mac 'n Cheese (v)* <i>with Dinner Roll</i> <i>Potato Wedges</i> <i>Chilled Mixed Fruit</i>	Popcorn Chicken 20 <i>with Garlic Knot</i> Veggie Buffalo Bites (vg) <i>with Dinner Roll</i> Grilled Cheese Sandwich (v) <i>Sunshine Carrots</i> <i>Frosty Berries</i>	General Tso's Chicken or Tofu (vg) 21 <i>with Naan</i> Butter Chicken <i>with Naan</i> Pizza Sticks (v)* <i>Steamed Broccoli</i> <i>Cran-Blueberry Salad</i>	Nachos 22 <i>with Spicy Beef or Southwest Chicken</i> Beef & Bean Burrito  Cheese Quesadilla (v)* <i>Cilantro Lime Rice</i> <i>Seasoned Black Beans</i>	Cheese Pizza (v) 23 Meat Lover's Pizza Spaghetti & Meat Sauce <i>with Garlic Bread</i> <i>Kickin' Roasted Veggies</i> <i>Kiwi Wedges</i>
Spicy Chicken Sandwich 26 Pizza Sticks (v)* Grilled Cheese Sandwich (v) <i>Curly Fries</i> <i>Broccoli & Cheese Soup</i>	Popcorn Chicken 27 <i>with Dinner Roll</i> Pepperoni Pizza Chik'n Nuggets (vg) <i>with Dinner Roll</i> <i>Mashed Potatoes</i> <i>Apple Sauce Cup</i>	Chicken Biscuit 28 French Toast Sticks (v) <i>with Turkey Sausage</i> Omelet (v) <i>with Biscuit</i> <i>Spiced Apples</i> <i>House Salad</i>	Nachos or Burrito 29 <i>with Spicy Beef or Turkey Barbacoa</i> Beef & Bean Burrito  Pupusa (v)  <i>Baked Plantains</i> <i>Curtido</i>	Chicken Tenders 30 <i>with Hushpuppies</i> Pizza Boli Bites (v) Falafel (vg) <i>with Pita or Hushpuppies</i> <i>Roasted Sweet Potatoes & Apples</i> <i>Tomato & Cucumber Salad</i>

(v) Vegetarian Entrées
*May contain animal-derived rennet

(vg) Vegan Entrées

 Halal Certified

 Chef's Choice

Choose 3, 4, or all 5 of the offered food components:



Students must choose **at least 1/2 cup** of fruits or veggies.

There are **no pork products or byproducts** on this menu.

Menu subject to change based on product availability.

This institution is an equal opportunity provider.

