

DAILY LUNCH ITEMS

SALAD BAR
MTO DELI
GRAB N GO LUNCHES
PIZZA

MILK OFFERED DAILY

low fat white, vanilla,
chocolate, strawberry. &
nonfat white

2024 OCTOBER

HIGH SCHOOL LUNCH MENU

What Makes a Lunch?
Select 3-5 Components

One must be a
FRUIT OR **VEGGIE**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Lunch Price:
Free (CEP)

1 **Hot Dog on WG Bun w/ Chili & Cheese**
Baked Beans
Cucumber Tomato Salad
Frozen Fruit Swirl or Fresh Fruit Choice
Milk

2 **Open Faced Hot Roast Beef on WG**
Bread
French Fries
Peas
Mousse or Fresh Fruit Choice
Milk

3 **Cheese or Pepperoni Pizza**
Tossed Salad
Corn
Healthy Treat Bags
Peaches or Fresh Fruit Choice
Milk

4 **Pierogies w/ Onion Butter Sauce**
Carrots
Fresh Broccoli Florets w/ Ranch
WG Pretzel Stick
Pears or Fresh Fruit Choice
Milk

7 **Nacho Supreme**
w/ Lettuce, Cheese & Salsa
Mex Rice
Refried Beans
Apple Slices or Fresh Fruit Choice
Milk

8 **Chicken Patty on WG Bun**
w/ Lettuce & Tomato
Curly Fries
Carrots
Mandarin Oranges or Fresh Fruit Choice
Milk

9 **Mini Corn Dog**
WG Pasta Alfredo
Broccoli Florets
Cucumber Slices
WG Cookie or Fresh Fruit Choice
Milk

10 **Chicken Fajita on WG Tortilla**
w/ Cheddar Cheese, Peppers & Onions
Peas
Corn & Black Bean Salad
Pineapple Tidbits or Fresh Fruit Choice
Milk

11 **Penne Pasta w/ Meat Sauce**
Italian Blend
Tossed Salad
WG Garlic Toast
Strawberry Cup or Fresh Fruit Choice
Milk

14
NO SCHOOL

**PROFESSIONAL
DEVELOPMENT DAY**

15 **Teriyaki Chicken w/ Fried Rice**
Stir Fry Vegetables
Egg Roll
Fresh Pepper Stripes w/ Ranch
Fruit Cocktail or Fresh Fruit Choice
Milk

16 **Cheeseburger on WG Bun**
W/ Lettuce & Tomato
Crinkle Cut Fries
Lentil Pasta Salad
100% Fruit Punch or Fresh Fruit Choice
Milk

17 **Buffalo Chicken Dip w/
WG Tortilla Chips**
Peas
Celery Sticks w/ Ranch
Pears or Fresh Fruit Choice
Milk

18 **Gyro w/ Lettuce & Onion**
Sliced Carrots
Greek Salad
Applesauce or Fresh Fruit Choice
Milk

21 **WG Pancakes with Sausage**
Hashbrown Rounds
Veggie Juice
Warm Cinnamon Apple Slices or
Fresh Fruit Choice
Milk

22 **BBQ Rib Patty on WG Bun**
Potato Pancakes
Baked Beans
Frozen Fruit Swirl or Fresh Fruit Choice
Milk

23 **Hot Turkey Sandwich**
Mashed Potatoes w/ Gravy
Green Beans
Pineapple Tidbits or Fresh Fruit Choice
Milk

24 **Cheese or Pepperoni Pizza**
Mixed Vegetable
Fresh Broccoli w/ Ranch
Healthy Treat Bags
Applesauce or Fresh Fruit Choice

25 **Lasagna Roll Up**
Italian Green Beans
Tossed Salad
WG Bread Stick
Fruit Cup or Fresh Fruit Choice
Milk

28 **Walking Taco w/ WG Tortilla Chips**
Lettuce, Cheese & Salsa
Refried Beans
Fresh Pepper Strips w/ Ranch
Peaches or Fresh Fruit Choice
Milk

29 **Meatball Sandwich on WG Roll**
w/ Mozz Cheese
Italian Blend
Sliced Cucumbers
Apple Slices or Fresh Fruit Choice
Milk

30 **Pork Chopette w/ Gravy**
Mashed Potatoes
Peas
WG Dinner Roll
Gelatin or Fresh Fruit Choice
Milk

31 **Chicken Tenders**
Potato Wedges
Coleslaw
WG Biscuit
Mandarin Oranges/Pineapple Cup
or Fresh Fruit Choice

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