

# High Lunch Menu October 2022

\*MENU SUBJECT TO CHANGE\*

\*Fresh fruit available daily for lunch\*

\*Milk is available everyday as a choice\*

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| <p>3<br/>Meatball Sub or<br/>Pulled Pork on bun<br/>Steak Fries Green Beans<br/>Salad Bar<br/>Fruit Cup Juice Fresh Fruit</p>   | <p>4<br/>Chicken Rice Bowl or<br/>Stuffed Baked Potato, Roll<br/>Steamed Broccoli<br/>Salad Bar<br/>Fruit Cup Juice Fresh Fruit</p>                       | <p>5<br/>Crispy Chicken Sandwich or<br/>Tuna Salad Sub<br/>Lettuce &amp; tomato cup<br/>Tater Tots Mixed Greens<br/>Salad Bar<br/>Fruit Cup Juice Fresh fruit</p>            | <p>6<br/>Stuffed Crust Cheese Pizza or<br/>Big Daddy Pepperoni Pizza<br/>Peas<br/>Baby Carrot Sticks<br/>Salad Bar<br/>Fruit Cup Juice Fresh Fruit</p>         | <p>7<br/>Corn Dog Nuggets or<br/>Turkey &amp; Cheese Wrap<br/>Crinkle Fries Ranch Beans<br/>Salad Bar<br/>Fruit Cup Juice Fresh Fruit</p>            |
| <p>10<br/>Pizza Crunchers, Marinara Sauce or<br/>Tuna Salad Sub<br/>Waffle Fries Green Beans<br/>Salad Bar<br/>Fruit Cup Juice Fresh Fruit</p>                        | <p>11<br/>Spaghetti w/meat sauce, Dinner Roll or<br/>Chicken Salad Wrap<br/>Steamed Broccoli<br/>Salad Bar<br/>Fruit Cup Juice Fresh Fruit</p>            | <p>12<br/>Crispy Chicken Sandwich or<br/>Chicken Bacon Ranch Wrap<br/>Lettuce &amp; tomato cup<br/>Tater Tots Mixed Greens<br/>Salad Bar<br/>Fruit Cup Juice Fresh Fruit</p> | <p>13<br/>Stuffed Crust Cheese Pizza or<br/>Big Daddy Pepperoni Pizza<br/>Corn<br/>Baby Carrot Sticks<br/>Salad Bar<br/>Fruit Cup Juice Fresh Fruit</p>        | <p>14<br/>BBQ Riblet on bun or<br/>Filet of Fish on bun 300/1/520<br/>Crinkle Fries Lima Beans<br/>Salad Bar<br/>Fruit Cup Juice Fresh Fruit</p>     |
| <p>17<br/>Cheeseburger on bun or<br/>Ham &amp; Cheese Wrap<br/>Lettuce &amp; Tomato Cup<br/>Curly Fries Baked Beans<br/>Salad Bar<br/>Fruit Cup Juice Fresh Fruit</p> | <p>18<br/><br/><b>TEACHER WORKDAY</b><br/><br/><b>NO SCHOOL</b></p>   | <p>19<br/>Crispy Chicken Sandwich or<br/>Italian Sub<br/>Lettuce &amp; tomato cup<br/>Tater Tots Broccoli<br/>Salad Bar<br/>Fruit Cup Juice Fresh fruit</p>                  | <p>20<br/>Stuffed Crust Cheese Pizza or<br/>Big Daddy Pepperoni Pizza<br/>Green Beans<br/>Baby Carrot Sticks<br/>Salad Bar<br/>Fruit Cup Juice Fresh Fruit</p> | <p>21<br/>Beefy Nachos w/Queso sauce or<br/>Chicken Tenders w/Roll<br/>Au Gratin Potatoes Corn<br/>Salad Bar<br/>Fruit Cup Juice Fresh Fruit</p>     |
| <p>24<br/>Grilled Ham &amp; Cheese Sandwich or<br/>Cheese Steak Sub<br/>Waffle Fries Vegetable Soup<br/>Salad Bar<br/>Fruit Cup Juice Fresh Fruit</p>                 | <p>25<br/>Salisbury Steak w/Roll or<br/>Chicken Tenders w/Roll<br/>Mashed Potatoes w/gravy<br/>Broccoli<br/>Salad Bar<br/>Fruit Cup Juice Fresh fruit</p> | <p>26<br/>Crispy Chicken Sandwich or<br/>Chicken Salad Croissant<br/>Lettuce &amp; tomato cup<br/>Tater Tots Green Beans<br/>Salad Bar<br/>Fruit Cup Juice Fresh fruit</p>   | <p>27<br/>Stuffed Crust Cheese Pizza or<br/>Big Daddy Pepperoni Pizza<br/>Corn<br/>Baby Carrot Sticks<br/>Salad Bar<br/>Fruit Cup Juice Fresh Fruit</p>        | <p>28<br/>Soft Tacos w/cheese or<br/>Chicken Fajita w/soft tortillas<br/>Cheesy Rice Refried Beans<br/>Salad Bar<br/>Fruit Cup Juice Fresh Fruit</p> |
| <p>31<br/>Sloppy Joe on bun or<br/>Cheesy Max Sticks,<br/>Marinara Sauce<br/>Curly Fries Baked Beans<br/>Salad Bar<br/>Fruit Cup Juice Fresh Fruit</p>                |   |  |  |  |

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