



Middle & High School Lunch

October 2020

LUNCH & BREAKFAST FOR YOU

Bright Colors...Big Flavors...

MONDAY	TUESDAY	WEDNESDAY <small>Build Your Own</small>	THURSDAY	FRIDAY	
2 <u>Bacon Cheeseburger</u> Seasoned Corn Fresh Fruit Cup Ice Cold Milk	3 <u>Chicken Nuggets W/Dipping Sauce</u> Cucumber Coins Fresh Fruit Cup Ice Cold Milk	4 Nachos <small>Taco Meat, Cheese Sauce, Salsa, Bag of Scoops</small> Celery Sticks Applesauce Fruit Cup Ice Cold Milk	5 <u>Steak & Cheese Sub</u> <u>Sweet Potato Fries</u> Carrot Sticks Fresh Fruit Cup Ice Cold Milk	6 <u>Cheese & Pepperoni Pizza</u> Cucumber Coins Fresh Fruit Cup Ice Cold Milk	<p>We offer a variety of options for you to choose from every day. There is something for everyone. Every meal comes complete with fruit, veggies, and milk. When possible, we will purchase locally and source out farm to table ingredients.</p> <p>We offer 1% White Milk, Skim Chocolate</p>
9 <u>Tasty Taco Bites</u> Cherry Tomatoes Fresh Fruit Cup Ice Cold Milk	10 <u>Waffles W/Syrup</u> <u>Chicken Sausage</u> Celery Sticks Fresh Fruit Cup Ice Cold Milk	11 Veterans Day	12 <u>Crispy Chicken Breast W/Cheddar Cheese Sandwich</u> Carrot Sticks Fresh Fruit Cup Ice Cold Milk	13 <u>Cheese & Pepperoni Pizza</u> Cucumber Coins Fresh Fruit Cup Ice Cold Milk	
16 <u>Chicken Tender</u> Crispy Potato Puffs Celery Sticks Fresh Fruit Cup Ice Cold Milk	17 <u>Bacon Cheeseburger</u> Seasoned Corn Fresh Fruit Cup Ice Cold Milk	18 "Build Your Own" Nachos <small>Taco Meat, Cheese Sauce, Salsa, Bag of Scoops</small> Celery Sticks Applesauce Fruit Cup Ice Cold Milk	19 <u>Salami, Ham and American Cheese Sub</u> Celery Sticks Fresh Fruit Cup Ice Cold Milk	20 <u>Cheese & Pepperoni Pizza</u> Cucumber Coins Fresh Fruit Cup Ice Cold Milk	
23 <u>Hot Dog</u> Celery Sticks Fresh Fruit Cup Ice Cold Milk	24 <u>Crispy Chicken Breast W/Cheddar Cheese Sandwich</u> Carrot Sticks Fresh Fruit Cup Ice Cold Milk	25 "Build Your Own" Nachos <small>Taco Meat, Cheese Sauce, Salsa, Bag of Scoops</small> Celery Sticks Applesauce Fruit Cup Ice Cold Milk	26 <u>Happy Thanksgiving</u>	27 <u>Happy Thanksgiving</u>	
30 <u>French Toast W/Syrup</u> <u>Chicken Sausage</u> Celery Sticks Raisins Fresh Fruit Cup Ice Cold Milk				30 Free Breakfast and Lunch For all Students	

Safety is our number one concern!! All Food Service Workers have been trained and wearing the approved Covid PPE. We look forward to serving your children a nutritious breakfast and lunch.

Breakfast Menu

Mon: Banana Muffin, Graham Crackers, 100% Fruit Juice, Milk
 Tues: Whole Grain Cereal Bowl, Graham Crackers, Fresh Fruit, Milk
 Weds: Bagel W/Cream Cheese, 100% Fruit Juice, Milk
 Thurs: Whole Grain Cereal Bowl, Graham Crackers Fresh Fruit, Milk
 Fri: Mini Pancakes, Fresh Fruit, Milk

Menus are subject to change without notice.

