

October 2021 Lunch Menu – High School – TASTE4



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sodexo is Hiring Sodexo Careers Fountain Hills AZ</p>	<p><u>Low Fat Chocolate & 1% White Milk is Available With Every Meal</u></p>	<p>Daily Cheese or Pepperoni Pizza Sub Sandwich Chicken Nuggets</p>		<p>1 Beefy Nacho's Chicken Nuggets Cheeseburger Chicken Patty Sandwich Baked WG Corn Dog Turkey & Cheese Sub Chicken Caesar Salad Fresh Apples Mashed Potatoes</p>
<p>4 Mozzarella Stuffed Breadsticks w/ Marinara Cheeseburger Chicken Patty Sandwich Baked WG Corn Dog Ham & Cheese Sub Caesar Salad Chilled Peaches Steamed Green beans</p>	<p>5 Chili Frito Pie Cheeseburger Spicy Chicken Patty Bean & Cheese Burrito Ham & Cheese Sub Chef Salad Fresh Apple Carrot Coins</p>	<p>6 Orange Chicken Cheeseburger Chicken Patty Sandwich Baked WG Corn Dog Turkey & Cheese Sub Crispy Chicken Salad Fresh Sliced Oranges Seasoned Corn</p>	<p>7 Pasta w/ Sauce Cheeseburger Chicken Patty Sandwich Bean & Cheese Burrito Italian Sub Chicken Caesar Salad Chilled Pears Mixed Vegetables</p>	<p>8 Meatball Sub Sandwich Cheeseburger Chicken Patty Sandwich Baked WG Corn Dog Turkey & Cheese Sub Chef Salad Chilled Applesauce Garden Peas</p>
 <p>11 October 11th-15th Returning on 10/18</p>	<p><u>Students must Choose 3 out of the 5 Meal Components. One of The 3 Components Selected, MUST Be Fruit and or a Vegetable</u></p>		<p>Breakfast and Lunch Are Free for All Student's Through-out this School Year! Snacks and Extra drinks Are not Free</p>	
<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Carrots / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Broccoli / Fruit / Milk 1% or Fat Free Milk</u></p>
<p>18 Traditional Nachos Cheeseburger Chicken Patty Sandwich Baked WG Corn Dog Turkey & Cheese Sub Garden Salad Fresh Oranges Ranchero Beans</p>	<p>19 Breakfast for Lunch Cheeseburger Chicken Patty Sandwich Bean & Cheese Burrito Ham & Cheese Sub Chicken Caesar Salad Chilled Mixed Fruit Seasoned Corn</p>	<p>20 Chili Cheese Dog Popcorn Chicken Cheeseburger Chicken Sandwich Turkey & Cheese Sub Chef Salad Chilled Applesauce Oven Baked French Fries</p>	<p>21 Beefy Mac Cheeseburger Chicken Sandwich Bean & Cheese Burrito Ham & Cheese Sub Crispy Chicken Salad Fresh Apples Steamed Broccoli</p>	<p>22 BBQ Shredded Pork Chicken Nuggets Cheeseburger Chicken Patty Sandwich Baked WG Corn Dog Turkey & Cheese Sub Chicken Caesar Salad Chilled Pears Seasoned Corn</p>
<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>
<p>25 Penne & Meat Sauce Cheeseburger Chicken Patty Sandwich Baked WG Corn Dog Ham & Cheese Sub Caesar Salad Fresh Oranges Steamed Broccoli</p>	<p>26 Chicken Nuggets Chicken Sandwich Cheeseburger Bean & Cheese Burrito Turkey & Cheese Sub Chef Salad Mixed Berries Mashed Potatoes & Gravy</p>	<p>27 Teriyaki Bowl Cheeseburger Chicken Patty Sandwich Baked WG Corn Dog Italian Sub Crispy Chicken Salad Fresh Apple Steamed Carrots</p>	<p>28 Cheese Enchiladas Cheeseburger Chicken Patty Sandwich Bean & Cheese Burrito Turkey & Cheese Sub Chicken Caesar Salad Chilled Pears Ranchero Beans</p>	<p>29 Macaroni & Cheese Cheeseburger Chicken Patty Sandwich Baked WG Corn Dog Ham & Cheese Sub Garden Salad Diced Peaches Seasoned Corn</p>
<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>