



October 2020

High School Lunch Menu

Breakfast Cost \$ 1.50
Lunch Cost \$ 2.75
Extra Milk \$.50 each

Monday

Tuesday

Wednesday

Thursday

Friday

USDA REQUIREMENT <i>Students Must be Served ALL of the Components Offered Daily</i>	Daily Milk Choices 1% White 1% Chocolate WG= Whole Grain	Daily Entree Choices- Peanut Butter & Jelly Large Uncrustable OR Entrée Salad with WG Breadstick	1 WG Mini Corn Dogs OR BBQ Rib on WG Bun Baked French Fries Baked Beans Fruit WG Cookie	2 WG Bosco Sticks with Marinara Sauce OR Tenderloin on WG Bun Baked French Fries Country Mixed Vegetables Fruit
5 Philly Beef & Cheddar on WG Bun OR Cheeseburger on WG Bun Baked Curly Fries Mixed Green Salad Fruit	6 WG Quesadilla OR Crispy Chicken on WG Bun Baked French Fries Steamed Carrots Fruit WG Frosted Cookie	7 Salisbury Steak with Brown Gravy and WG Dinner Roll OR Cheeseburger on WG Bun Mashed Potatoes Green Beans Fruit	8 WG Popcorn Chicken OR BBQ Rib on WG Bun Baked French Fries Baked Beans Fruit (Apple Crunch Day!) WG Cookie	9 Cheese Ravioli with WG Breadstick OR Tenderloin on WG Bun Baked French Fries Corn Fruit
12	13	14	15	16
<h3>****FALL BREAK WEEK****</h3>				
19 WG Crispy Chicken Nuggets OR Cheeseburger on WG Bun Baked French Fries Steamed Broccoli Fruit WG Nacho Cheese Doritos	20 WG Round Pizza OR Crispy Chicken on WG Bun Baked French Fries Fresh Baby Carrots & Ranch Dip Fruit WG Frosted Cookie	21 Panther Day! Manager's Choice	22 Hot Dog on WG Bun OR BBQ Rib on WG Bun Baked French Fries Baked Beans Fruit WG Cookie	23 Manager's Choice
26 WG Asian Chicken with Fried Rice OR Cheeseburger on WG Bun Baked French Fries Mixed Green Salad Fruit	27 WG Toasted Cheese Sandwich OR Crispy Chicken on WG Bun Baked French Fries Tomato Soup Fruit WG Frosted Cookie	28 Homemade Turkey & Noodles with WG Dinner Roll OR Cheeseburger on Bun Mashed Potatoes Green Beans Fruit	29 WG Chicken Tenders OR BBQ Rib on WG Bun Baked French Fries Black Beans & Corn Fruit WG Cookie	30 Shrimp Poppers OR Tenderloin on WG Bun Baked French Fries Coleslaw Fruit

Breakfast Menu:

Monday: October 5, 26
Bacon, Egg & Cheese on Biscuit

Monday: October 19
Egg & Cheese Omelet On Whole Grain Croissant

Tuesday: October 6, 27
Breakfast Taco

Tuesday: October 20
Whole Grain Breakfast Pizza

Wednesday: October 7, 21, 28
Sausage & Egg on Biscuit

Thursday: October 1, 22
Biscuit & Sausage Gravy

Thursday: October 8, 29
Bacon, Egg & Cheese Eggstravaganza
Whole Grain Tortilla

Friday: October 2, 23
Whole Grain Mini Pancake & Sausage Wraps, Syrup Cup

Friday: October 9, 30
Ham & Cheese on Whole Grain Croissant

Daily Breakfast Choices
Entrée, Fruit, Juice & Milk
OR
WG Cereal, Fruit, Juice & Milk
OR
Choice of Grab & Go