

September & October 2020

MIDDLE & HIGH SCHOOL MENU

(Updated 9-21-2020)

COUNTER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	21. French Toast Sticks, Syrup & Strawberries	22. Cereal w/½ of an English Muffin & Applesauce	23. Blueberry Bagels w/Cream Cheese & Mandarin Oranges	24. Croissant Sandwiches, w/Bacon, Egg, Cheese & Pineapple	25. Cherry Strudels & Vanilla Yogurt
LUNCH HOT FOOD OR	Sloppy Joes on a White Wheat Bun, Roasted Potatoes, Sweet Peas Apple Slices	Penne Pasta w/Meat Sauce, Steamed Broccoli, Dinner Roll, Fruit Cocktail	Bone-in Chicken Wings, Potato Wedges, Steamed Green Beans, Pears Halves, Brownies	Cheese Lasagna w/ Marinara Sauce, Garlic Bread Sticks, Caesar Salad, Orange	Chili, Cinnamon Roll, Sliced Cucumbers & Celery w/Ranch Dressing Slice Peaches
FASTER FOOD OR	Meatball Subs	Beef Tips over Rice	Pizza	Sloppy Joes	Loaded Baked Potato
SALAD OR	Chicken Bacon Ranch	Taco salad	Chicken Strawberry	Southwestern Salad	Pork Tenderloin Salad
COLD SANDWICH	Chicken Wraps	Deli Sandwich	Turkey	Italian Sub	Jelly & Peanut Butter Sandwich
COUNTER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	28. Cereal White Wheat Toast Pear Halves	29. Breakfast Pizza & Yogurt	30. Cream of Wheat, White Wheat Toast Peaches	1. Breakfast Bagel Sandwich w/Sausage, Egg, Cheese & Strawberries	2. Blueberry Muffin & Fruit Cocktail
LUNCH HOT FOOD OR	Meatball Sub w/ Marinara Sauce, Mozzarella Cheese, California Blend Vegetables, Mandarin Oranges	Super Nachos w/Beef, Cheese Sauce, Refried Beans, Orange	Hot Beef Sandwiches w/Mash Potatoes & Gravy, Sweet Peas, Fruit Cocktail, Cookie	Chicken Noodle Soup, Grilled Cheese Sandwich, Carrots & Celery & Apple	Breakfast at Noon: French Toast Sticks, Egg Omelettes, Sausage, Hash Browns, Applesauce
FASTER FOOD OR	Beef Burritos, Rice & Refried Beans	Corn Dogs	Hamburger	Egg Rolls	Chicken Parmesan Sandwich
SALAD OR	Asian Chicken Salad	Apple Chicken Salad	Cobb Salad	Chicken Bacon Ranch	Chicken Caesar Salad
COLD SANDWICH	Chicken Wrap	Roast Beef	Egg Salad	Club	Ham

Juice served with breakfast

Milk served with all meals

Menu Subject to Change without notice

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October 2020

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(Updated 9-21-2020)

COUNTER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	5. French Toast Sticks, Syrup & Strawberries	6.. Cereal w/Toast & Dice Peaches	7. Breakfast Burritos w/Egg, Sausage, Cheese & Banana	8. Breakfast Pizza & Yogurt	9. Blueberry Bagels w/Cream Cheese & Apple Slices
LUNCH HOT FOOD OR	Chicken Nuggets, French Fries, Corn on the Cob Watermelon	Soft Shell Taco w/Beef, Lettuce, Tomatoes, Cheese, Mexican Rice, Refried Beans & Pineapple	Cheese Pizza, Broccoli Fruit Cocktail White Cake	Goulash, Sweet Peas, Dinner Roll, Slice Pears	McRib Sandwich, Potato Wedges, Caesar Salad Grapes
FASTER FOOD OR	Cheese Burger	Grilled Chicken Sandwich	Corn Dogs & Onion Rings	Beef Burritos	Gyros
SALAD OR	Taco Salad	Spinach Cranberry Salad w/Toasted Almonds, Sesame Seeds & Bacon	Asian Chicken Salad	Southwestern Salad	Chicken Bacon Ranch
COLD SANDWICH	Ham & American Cheese Sandwich	Turkey & Bacon Sandwich	Italian Sub	PB & J Sandwich	Chicken Wrap

COUNTER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	12. Cherry Strudels & Slice Peaches	13. Croissant Sandwiches, w/Bacon, Egg, Cheese & Pineapple	14. Pancake on a Stick & Slice Pears	15. Blueberry Muffin & Fruit Cocktail	16. Cereal w/½ of an English Muffin & Applesauce
LUNCH HOT FOOD OR	Grilled Hamburgers, French Fries, Carrots & Celery w/Ranch Dressing Strawberry Jello	Corn Dogs, Bake Beans, Tater Tots Pear Halves	Breaded Chicken Sandwich, Chips, Green Beans, Diced Peaches Cookie	Orange Chicken, Rice, Snap Peas & Strawberries	Walking Taco, Cheese, Rice & Beans, Pineapple
FASTER FOOD OR	Hot Dogs	Grilled Cheese	Breaded Chicken Sandwich	Chicken Burrito	Cheese Pizza
SALAD OR	Chef Salad	Apple Chicken Salad	Chicken Strawberry Salad	Fall Harvest Salad	Pork Tenderloin Salad
COLD SANDWICH	Tuna Salad	Turkey Club	Roast Beef	Deli Sandwich	Egg Salad Croissant

Juice served with breakfast

Milk served with all meals

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