



High School Lunch Menu

OCTOBER 2019

1

2

3

4

1

Egg, Cheese & Potato Breakfast Burrito (V)

All-American Cobb Salad (P)

Ranch Chicken Wrap

2

Build-Your-Own Stuffed Potato

Kickin' Bean Nacho Salad (V)

Turkey & Cheese Sub

3

Spaghetti Carbonara (P)

Italian Salad (P)

Southwest Chicken Wrap

4

Ham & Cheese Pretzel Melt (P)

Chicken Chef Salad

Italian Sub (P)

7

Chicken Tacos al Pastor (Fuel)

Backyard BBQ

Pulled Pork Sandwich (P)

Popcorn Chicken Salad

Turkey & Cheese Sandwich

8

Chicken Tacos al Pastor (Fuel)

Enchilada Casserole (V)

Ham & Cheese Salad

Chicken Salad Wrap (P)

9

Chicken Tacos al Pastor (Fuel)

Fried Rice with Egg Roll

Chicken Nacho Salad

All-American Sub (P)

10

Chicken Tacos al Pastor (Fuel)

Mac & Cheese (V)

Chicken Caesar Salad

Italian Wrap (P)

11

Early Release

14

No School

15

Chipotle Lime Chicken Burrito

All-American Cobb Salad (P)

Ranch Chicken Wrap

16

Baked Potato with Cheese and Bacon (P)

Beef Taco Salad

Italian Sub (P)

17

Spaghetti & Meatballs

Chicken Caesar Salad

Veggie & Hummus Wrap (V)

18

BLT Ranch Chicken Sandwich (P)

Egg Chef Salad (V)

Turkey & Cheese Sub

21

BREAKFAST FOR LUNCH

Spicy Maple Chicken & Waffles Sandwich

Buffalo Chicken Salad

Turkey & Cheese Sandwich

22

Mexican Lasagna

Turkey & Cheese Salad

Chicken Caesar Wrap

23

Country Popcorn Chicken Bowl

Kickin' Bean Nacho Salad (V)

Ham & Cheese Sub

24

Cheesy Baked Penne (V)

Italian Salad (P)

Southwest Turkey Wrap

25

Homemade Meatloaf

Ham Chef Salad (P)

All-American Sub (P)

28

Chicken Drumstick & Biscuit

Mediterranean Salad (V)

Sunbutter & Jelly Sandwich (V)

29

Pork Carnitas Tacos (P)

Chicken & Cheese Salad

Honey Mustard Chicken Wrap

30

Sweet & Sour Chicken with Broccoli & Rice

Beef Nacho Salad

Curry Chicken Salad Sub

31

Rotini with Meat Sauce

Chicken Caesar Salad

Veggie & Hummus Wrap (V)

Halloween Dessert

31

Offered Weekly:

Mon/Wed/Fri: Cheeseburger, Chicken Sandwich, Popcorn Chicken or Nuggets, Pizza Sticks (V)

Tues/Thurs: Hamburger, Spicy Chicken Sandwich, Chicken Tenders or Nuggets, Black Bean Burger (V)

Daily: Pizza (Rotating Flavors) (V, P), Sunbutter & Jelly Sandwich (V)

All meals offered with a choice of fruit and choice of milk (1% white and skim chocolate)

*Menu subject to change

(V) Denotes vegetarian item

(P) Denotes pork item

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