



# High School Lunch Menu

October 2017

2

### Fish Po Boy Sandwich

Sweet Potato Fries, Sliced Cucumbers, Orange, Fruit Cocktail, 100% Juice Variety

3

### Breaded Drumstick with Mashed Potatoes & Corn Muffin

Steamed Corn, Fresh Garden Salad, Apple, Diced Pears, 100% Juice Variety

4

### *National Taco Day* Taco Bar

Refried Beans, Fresh Broccoli, Banana, Applesauce, 100% Juice Variety

5

### Peppers, Onions & Chicken Stromboli

Green Beans, Celery Sticks, Orange, Diced Peaches, 100% Juice Variety

6

### Spicy Pepperoni Artisan Flatbread

Steamed Peas, Fresh Baby Carrots, Apple, Fruit Cocktail, 100% Juice Variety

9

### Full Day Teachers

In-Service

10

### Pizza Sticks with Marinara Sauce

*Chick N' Cheese Griller*

Sweet Potato Tots, Sliced Cucumbers, Apple, Diced Pears, 100% Juice Variety

11

### General Chicken with Fried Rice

*Chick N' Cheese Griller*

Steamed Broccoli, Fresh Garden Salad, Banana, Applesauce, 100% Juice Variety

12

### Three Cheese Calzone

*Chick N' Cheese Griller*

Garbanzo Bean, Celery Sticks, Orange, Diced Peaches, 100% Juice Variety

13

### Chicken & Spinach Alfredo Flatbread

*Chick N' Cheese Griller*

Green Beans, Fresh Baby Carrots, Apple, Fruit Cocktail, 100% Juice Variety

16

### Buffalo Chicken Sandwich with Bleu Cheese

*Steak N' Cheese Griller*

Sweet Potato Fries, Baby Carrots, Orange, Fruit Cocktail, 100% Juice Variety

17

### *National Pasta Day* Pasta Bar

*Steak N' Cheese Griller*

Orange Glazed Carrots, Sliced Cucumbers, Apple, Diced Pears, 100% Juice Variety

18

### Popcorn Chicken Mashed Potato Bowl

*Steak N' Cheese Griller*

Steamed Corn, Fresh Garden Salad, Banana, Applesauce, 100% Juice Variety

19

### Meat Lovers Calzone

*Steak N' Cheese Griller*

Campfire Pinto Beans, Fresh Broccoli, Orange, Diced Peaches, 100% Juice Variety

20

### Sausage & Herb Flatbread

*Steak N' Cheese Griller*

Steamed Broccoli, Fresh Celery Sticks, Apple, Fruit Cocktail, 100% Juice Variety

23

### Bacon Cheeseburger

Baked Beans, Fresh Garden Salad, Orange, Fruit Cocktail, 100% Juice Variety

24

### Chicken Parmesan Sandwich

Steamed Carrots, Sliced Cucumbers, Apple, Diced Pears, 100% Juice Variety

25

### Meatball Sub

Steamed Green Beans, Fresh Baby Carrots, Banana, Applesauce, 100% Juice Variety

26

### Buffalo Chicken Calzone

Steamed Corn, Fresh Broccoli, Orange, Diced Peaches, 100% Juice Variety

27

### Jerk Chicken & Cheddar Flatbread

Steamed Peas, Celery Sticks, Apple, Fruit Cocktail, 100% Juice Variety

30

### Turkey Reuben

Steamed Broccoli, Fresh Celery Sticks, Orange, Fruit Cocktail, 100% Juice Variety

31

### Mozzarella Sticks with Marinara Sauce

Sweet Potato Tots, Fresh Garden Salad, Apple, Diced Pears, 100% Juice Variety

**Try one of our featured Fuel Recipes October 10<sup>th</sup>-20<sup>th</sup>**

### Choice of Milk Offerings:

Skim Chocolate or 1% White Milk

### Additional Daily Offerings:

Salad Bar, Made To Order Deli, Variety of Sandwiches, Chicken Tenders, Nachos & More!

Menu subject to change without notice.

### Lunch Price: \$3.00; \$0.40 Reduced

To make a complete meal, students must select at least 3 different food groups. At least one item must be a ½ cup fruit, ½ cup vegetable or a 4 ounce serving of 100% fruit juice. Students may select as many fruits and vegetables as offered but multiple servings of the same fruit or vegetable will be charged additional.