

High School

October




BREAKFAST is served daily at all buildings! Check your school for times!

Daily Offerings Available to ALL Students:

Crispy Chicken Sandwich
 Spicy Chicken Sandwich
 Pepperoni/Cheese Pizza
 Hamburger/Cheeseburger
 Assorted Subs & Salads
 Fruit & Grain Parfaits
 Taco/Nacho Bar

All Options Include:
 1 cup Fruit
 1 cup Vegetable
 Choice of Milk

Vegetable Choices:
 Carrot Sticks
 Celery Sticks
 Broccoli Bites
 Garbanzo Beans
 Sliced Cucumber
 Bell Pepper

Monday	Tuesday	Wednesday	Thursday	Friday
30 French Toast Sticks Turkey Sausage Links Hashbrown Potatoes Carrot Sticks Syrup Cup	1 Sweet & Sour Chicken w/ fortune cookie Fried Rice Steamed Broccoli	2 Honey BBQ or Fire Sting Chicken Wings Waffle Cut Fries Celery Sticks Dinner Roll BBQ Sauce/Ketchup	3 	4 
7 Rodeo Burger Beef patty, cheese & BBQ sauce Baked Beans & Carrots Sticks	8 General Tso Chicken w/ fortune cookie Fried Rice Steamed Broccoli	9 Chicken Nuggets Potato Fries Celery Sticks Dinner Roll	10 Macaroni & Cheese Garlic Breadstick Spinach & Romaine Salad	11 Chicken Ranchero Wrap Sliced Cucumbers & Carrots
14 Turkey & Cheese Pretzel Melt Baked Beans & Carrots Sticks	15 Tangerine Chicken w/ fortune cookie Fried Rice Steamed Broccoli	16 Mashed Potato & Chicken Bowl w/ Corn & Gravy Dinner Roll	17 Rotini Pasta & Meatballs Garlic Breadstick Spinach & Romaine Salad	18 Bosco Sticks Marinara Dipping Sauce Sliced Cucumbers & Carrots
21 LC-Filet Chicken Sandwich Baked Beans & Carrot Sticks	22 Sweet & Sour Chicken w/ fortune cookie Fried Rice Steamed Broccoli	23 Two Crispy Chicken Drumsticks Waffle Cut Fries Celery Sticks Dinner Roll	24 Chicken Alfredo Pasta Garlic Breadstick Spinach & Romaine Salad	25 
28 French Toast Sticks Turkey Sausage Links Hashbrown Potatoes Carrot Sticks Syrup Cup	29 General Tso Chicken w/ fortune cookie Fried Rice Steamed Broccoli	30 Honey BBQ or Fire Sting Chicken Wings Waffle Cut Fries Celery Sticks Dinner Roll BBQ Sauce/Ketchup	31 Macaroni & Cheese Garlic Breadstick Spinach & Romaine Salad	1 Spicy Chicken Wrap Sliced Cucumbers & Carrots