



Jr. High School
&
High School

October

Mon

Tue

Wed

Thu

Fri

Lunch Prices
 Student \$2.65
 Reduced \$.40
 Extra Milk \$.40

Breakfast Prices
 Student \$1.50
 Reduced \$.40
 Extra Milk \$.40

2 1. Ham & Cheese on Bun
 2. Pork Tenderloin on Bun

Baked Beans
 Fresh Veggie's /Dip
 Chilled Peaches
 1% or Skim Milk

3 1. Calzone
 2. Chicken Nuggets/Roll

Carrot Sticks/Dip
 Green Beans
 Chilled Applesauce
 1% or Skim Milk

4 1. Orange Chicken/
 Fried Rice
 2. Burger on Bun

Steamed Broccoli
 Fresh Veggie's/Dip
 Mandarin Oranges
 1% or Skim Milk

5 1. Cheese Sticks
 2. Lasagna Roll

Veggie Juice Box
 Fresh Veggie's/Dip
 Chilled Pears
 1% or Skim Milk

6 Teacher Institute

Offered Daily
 Grab'n Go PBJ Lunch

Salads Lunch Options

Mon-- Garden — Chef Chicken
 Tue -- Garden — Chef Chicken
 Wed-- Garden— Taco Salad
 Thru --Garden — Chef Chicken
 Fri — Garden — Chef Chicken

Fresh Fruit Offered Daily With Your Lunch Choice

9 No School
 Columbus Day

10 1 Mac & Cheese
 2. Meatball Sub

Baked Beans
 Garden Salad
 Frozen Fruit Cup
 1% or Skim Milk

11 1. Turkey Sub Sandwich
 2. Walking Taco

Romaine/ Tomato Mix
 Fresh Veggie's/Dip
 Chilled Mix Fruit
 1% or Skim Milk

12 1. Mini Corn Dogs
 2. French Toast Casserole /

Veggie Juice Box
 Hash Brown Potato
 Orange Slices
 1% or Skim Milk

13 1. Pizza
 2. Chicken Sandwich

Season Corn
 Veggie Juice Box
 Mandarin Oranges
 1 % or Skim Milk

16 1. Cheese Quesadilla
 2. Buffalo Bites

Fresh Veggie's Dip
 Baked Fries
 Chilled Pears
 1% or Skim Milk

17 1. Enchilada
 2. Mini Ravioli/
 Garlic Bread Stick

Fresh Veggie's/Dip
 Garden Salad Mix
 Frozen Fruit Cup
 1% or Skim Milk

18 1. Nacho Plate
 2. Max Cheese Sticks

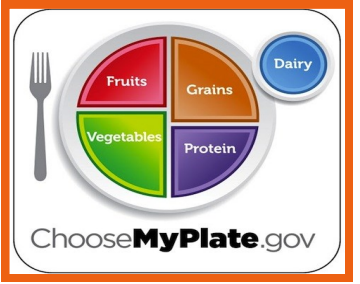
Lettuce Tomato
 Refried Beans
 Chilled Peaches
 1% or Skim Milk

19 1. Chicken Tenders/Roll
 2. Pulled Pork

Au Gratin Potato
 Green Beans
 Chilled Pineapple
 1% or Skim Milk

20 1. French Bread Pizza
 2. Chicken Sandwich

Season Corn
 Veggie Juice Box
 Mandarin Oranges
 1 % or Skim Milk



23 1. Orange Chicken /Rice
 2. Burger on Bun

Steamed Broccoli
 Fresh Veggie's/Dip
 Mandarin Oranges
 1% or Skim Milk

24 1. Spaghetti Meat Sauce/
 Garlic Bread
 2. Grilled Cheese

Romaine/Tomato Mix Salad
 Fresh Veggie's/Dip
 Chilled Pears
 1% or Skim Milk

25 1. Popcorn Shrimp/
 Cheese Stick
 2. Sloppy Joe on Bun

Tater Tots
 Fresh Veggie's/Dip
 Chilled Pears
 1% or Skim Milk

26 1. Frito Burrito
 2. Mr. Rib on Bun

Romaine/Tomato Mix Salad
 Refried Beans
 Chilled Applesauce
 1% or Skim Milk

27 1. Pizza
 2. Chicken Sandwich

Season Corn
 Veggie Juice Box
 Mandarin Oranges
 1 % or Skim Milk

Menu subject to change based on availability

30 1. Chicken Noodle
 2. Pork Tenderloin on Bun

Fresh Veggie's/Dip
 Green Beans
 Chilled Peaches
 1% or Skim Milk

31 1. Chicken Sticks
 2. Gourmet Burger on Bun

Baked Beans
 Baked Fries
 Chilled Pears
 1% or Skim Milk



My Lunch Box



October

Mon

Tue

Wed

Thu

Fri

Fun Food Facts

The name pumpkin comes from the Greek word 'pepon', meaning 'large melon'.

- 2 1. Cheese Sticks
2. Burger on Bun

Veggie Juice Box
Fresh Veggie's/Dip
Chilled Peaches
1% or Skim Milk

- 3 1. Grilled Cheese
2. Cold Cut Sandwich

Baked Beans
Fresh Veggie's /Dip
Chilled Pears
1% or Skim Milk

- 4 1. Sausage Biscuit
2. Mini Corn Dogs

Carrot Sticks/Dip
Green Beans
Chilled Applesauce
1% or Skim Milk

- 5 1. Chicken Nuggets /
Gram Crackers
2 Mr. Rib on Bun
Steamed Broccoli
Fresh Veggie's/Dip
Mandarin Oranges
1% or Skim Milk

- 6 Teacher Institute

9 No School
Columbus Day

- 10 1. Mac & Cheese/
Gram Cracker
2. Cold Cut Sandwich

Baked Beans
Garden Salad
Frozen Fruit Cup
1% or Skim Milk

- 11 1. Walking Taco
2. Mini Corn Dogs

Romaine/ Tomato Mix
Fresh Veggie's/Dip
Chilled Mix Fruit
1% or Skim Milk

- 12 1. French Toast/Sausage Patty
2. Mr. Rib On Bun

Veggie Juice Box
Hash Brown Potato
Orange Slices
1% or Skim Milk

13. 1. Cheese Quesadilla
2. Chicken Sandwich

Fresh Veggie's Dip
Seasoned Corn
Chilled Pears
1% or Skim Milk

- 16 1. Mini Ravioli/
Garlic Bread Stick
2. Burger on Bun

Steamed Broccoli/Cheese
Garden Salad Mix
Frozen Fruit Cup
1% or Skim Milk

- 17 1. Chicken Tenders/
Gram Cracker
2. Cold Cut Sandwich

Au Gratin Potato
Seasoned Corn
Chilled Pineapple
1% or Skim Milk

- 18 1. Nacho Plate
2. Mini Corn Dogs

Lettuce Tomato
Refried Beans
Chilled Peaches
1% or Skim Milk

- 19 1. Spaghetti Meat Sauce/
Garlic Bread
2. Mr. Rib on Bun
Romaine/Tomato Mix Salad
Fresh Veggie's/Dip
Chilled Pears
1% or Skim Milk

- 20 1. French Bread Pizza
2. Chicken Sandwich

Season Corn
Veggie Juice Box
Mandarin Oranges
1% or Skim Milk

- 23 1. Hot Dog on Bun
2. Burger on Bun

Green Beans
Baked Fries
Chilled Peaches
1% or Skim Milk

- 24 1. Orange Chicken /Rice
2. Cold Cut Sandwich

Steamed Broccoli
Fresh Veggie's/Dip
Mandarin Oranges
1% or Skim Milk

- 25 1. Max Cheese Sticks
2. Mini Corn Dogs

Garden Mix Salad
Fresh Veggie's/Dip
Strawberry Banana Mix
1% or Skim Milk

- 26 1. Crunchy Taco Wrap
2. Mr. Rib on Bun

Romaine/Tomato Mix Salad
Refried Beans
Chilled Applesauce
1% or Skim Milk

- 27 1. Pizza
2. Chicken Sandwich

Season Corn
Veggie Juice Box
Mandarin Oranges
1% or Skim Milk

- 30 1. Sloppy Joe on Bun
2. Burger on Bun

Baked Fries
Fresh Veggie's/Dip
Chilled Pears
1% or Skim Milk

- 31 1. Chicken Sticks
2. Cold Cut Sandwich
Fresh Baked Cookie
Smile Fries
Fresh Carrot sticks
Frozen Fruit Cup
1% or Skim Milk



Lunch Prices:

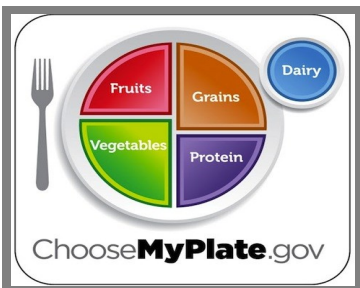
Student: \$2.55
Reduced: \$.40
Milk \$.40

Every Meal Comes With:

Fat Free Chocolate Milk
Or
1% White Milk

Breakfast Prices

Student \$1.50
Reduced: \$.40



Menu subject to change based on availability