

HIGH SCHOOL  
&  
JR. HIGH SCHOOL  
LUNCH MENU



# October



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**



<p>1 A. Soft Shell Taco/ Mex Rice B. Chicken Wrap Lettuce/Tomato Mix  Refried Beans Fresh Veggie's Chilled Peaches</p>	<p>2 A Maid Rite Sandwich B. Cheese Burger on Bun  Baked Fries Fresh Veggie's/Dip Strawberry Mix 1% or Skim Milk</p>	<p>3 A. Spaghetti/Meat Balls/ Garlic Bread B. Cheese Sticks California Mix Garden Salad Chilled Pears 1% or Skim Milk</p>	<p>4 A. Pizza/ Buffalo B. Pork Tenderloin on Bun  Season Corn Veggie Juice Box Mandarin Oranges 1 % or Skim Milk</p>	<p>5  Teacher Institute</p>
<p>8  Columbus Day</p>	<p>9 A. Mini Corn Dogs B. Mr. Rib on Bun  Baked Beans Fresh Veggie's/Dip Chilled Applesauce 1% or Skim Milk</p>	<p>10 A. Walking Taco B. Grilled Cheese  Lettuce Tomato Seasoned Wedges Chilled Peaches 1% or Skim Milk</p>	<p>11 A. Chicken Patty on Bun B. Max Sticks  California Mix Garden Salad Frozen Fruit Cup 1% or Skim Milk</p>	<p>12 A. Pizza B. Mac &amp; Cheese  Fresh Veggie's Green Beans Chilled Mix Fruit 1% or Skim Milk</p>
<p>15 A. Cheeseburger on Bun B. Hot Dog on Bun  Baked Fries Baked Beans Baked Cinn Apples 1% or Skim Milk</p>	<p>16 A. Fish Filet/W Cheese on Bun B. BBQ Chicken Quesadilla Fresh Carrots/Dip Green Beans Chilled Pineapple 1% or Skim Milk</p>	<p>17 A. Nacho Plate B. Sloppy Joe on Bun  Lettuce Tomato Refried Beans Chilled Peaches 1% or Skim Milk</p>	<p>18 A Turkey Stuffing Roll Ups/ With Roll B. Buffalo Chicken on Bun  Mashed Potatoes Seasoned Corn Chilled Applesauce</p>	<p>19 A. Orange Chicken/ Fried Rice B. Deli Ham Sandwich Steamed Broccoli Fresh Veggie's/Dip Mandarin Oranges</p>
<p>22 A. Turkey Sub Sandwich B. Gourmet Burger on Bun  Baked Beans Baked Fries Chilled Applesauce 1% or Skim Milk</p>	<p>23 A. Enchilada B. Mini Ravioli/Garlic Bread  Fresh Veggie's/Dip Garden Salad Chilled Pears 1% or Skim Milk</p>	<p>24 A. French Toast Sticks/ Sausage Patty B. Chicken Wrap  Veggie Juice Box Hash Brown Potato Orange Wedges 1% or Skim Milk</p>	<p>25 A. Cheese Quesadilla B. Hot Spicy Chicken Tenders/ Gram Crackers Green Beans Fresh Veggie's Dip Frozen Fruit Cup 1% or Skim Milk</p>	<p>26 A. Pizza/ Buffalo B. Pork Tenderloin on Bun  Season Corn Veggie Juice Box Frozen Fruit Cup 1 % or Skim Milk</p>
<p>29 A. Chicken Tenders/Roll B. Pulled Pork on Bun  Au Gratin Potato Baked Beans Chilled Applesauce 1% or Skim Milk</p>	<p>30 A. Chicken Alfredo/ Garlic Bread B. Deli Turkey California Mix Garden Salad Chilled Peaches 1% or Skim Milk</p>	<p>31 A. Sloppy Tots B. Cheeseburger on Bun  Baked Fries Fresh Veggie's/Dip Chilled Pineapple 1% or Skim Milk</p>	<p><b>HAPPY HALLOWEEN</b></p>	

**Offered Daily**  
Grab'n Go PBJ Lunch

**New 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

**Lunch Prices**

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

**Breakfast Prices**

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



**Menu subject to change  
based on availability**



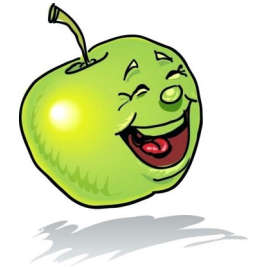
Monroe Center  
&  
Highland School

# October



## Fun Facts

Apples are the fruit of apple trees and are one of the most widely grown tree fruit.



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

Mon	Tue	Wed	Thu	Fri
1 A. Quesadilla B. Cheeseburger on Bun  Fresh Veggies/Dip Baked Potato Wedges Chilled Mix Fruit 1% Skim Milk	2 A. Soft Shell Taco/Mex Rice B. Chicken Patty Lettuce/Tomato Mix Refried Beans Fresh Veggie's Chilled Peaches 1% or Skim Milk	3 A Turkey Wrap B. Pizza  Green Beans Fresh Veggie's/Dip Strawberry Mix 1% or Skim Milk	4 A. Spaghetti/Meat Balls/ Garlic Bread B. Deli Ham & Sandwich California Mix Garden Salad Chilled Pears 1% or Skim Milk	5  Teacher Institute
8  Columbus Day	9 A. Walking Taco B. Chicken Patty on Bun  Lettuce Tomato Seasoned Wedges Chilled Peaches 1% or Skim Milk	10 A. Turkey Wrap B. Max Sticks  California Mix Garden Salad Frozen Fruit Cup 1% or Skim Milk	11 A. Deli Ham Sandwich B. Mac & Cheese  Fresh Veggie's Green Beans Fresh Apple 1% or Skim Milk	12A Chicken Tenders /Bread Butter B. Pork Tenderloin on Bun Au Gratin Potato Seasoned Corn Chilled Applesauce 1% or Skim Milk
15 A. Mini Corn Dogs B. Cheeseburger on Bun  Baked Beans Fresh Veggie's/Dip Chilled Applesauce 1% or Skim Milk	16 A. Fish Nuggets B. Chicken Patty on Bun Fresh Carrots/Dip Green Beans Chilled Pineapple 1% or Skim Milk	17 A. Nacho Plate B. Turkey Wrap  Lettuce Tomato Refried Beans Chilled Peaches 1% or Skim Milk	18 A. Orange Chicken/ Fried Rice B. Deli Ham Sandwich Steamed Broccoli Fresh Veggie's/Dip Mandarin Oranges	19 A. Pizza B. Pork Tenderloin on Bun  Season Corn Veggie Juice Box Frozen Fruit Cup 1% or Skim Milk
22 A. Cheeseburger on Bun B. Gourmet Burger on Bun  Baked Beans Baked Fries Chilled Applesauce 1% or Skim Milk	23 A. Chicken Patty on Bun B. Mini Ravioli/Garlic Bread  Fresh Veggie's/Dip Garden Salad Chilled Pears 1% or Skim Milk	24 A. French Toast Sticks/ Sausage Patty B. Turkey Wrap  Veggie Juice Box Hash Brown Potato Orange Wedges 1% or Skim Milk	25 A. Chicken Alfredo/ Garlic Bread B. Deli Ham Sandwich California Mix Garden Salad Chilled Peaches 1% or Skim Milk	26 A. Pork Tenderloin on Bun B. Buffalo Bites/Gram Crackers  Green Beans Fresh Veggie's Dip Frozen Fruit Cup 1% or Skim Milk
29 A. Cheese Sticks B. Cheeseburger on Bun  Baked Beans Baked Fries Chilled Applesauce 1% or Skim Milk	30 A Chicken Patty on Bun B Grilled Cheese  Tomato Soap Fresh Veggie's/Dip Chilled Peaches 1% or Skim Milk	31 A. Mash Potato Bowl Bread? Butter B. Turkey Wrap  Fresh Veggie's/Dip Season Corn Frozen Fruit Cup 1% or Skim Milk		