



Feeding Hungry Minds

High School Menu

October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1- Lunch				
30 / 28th	1 / 29th	2nd / 30th	3rd / 31st	4th / Nov.1st
Asian Bowl Teriyaki Chicken or Orange Chicken Fried Rice or Noodles Steamed Vegetable	Pasta Bar Alfredo or Marinara Sauce Chicken or Seasoned Beef Seasoned Broccoli Garlic Breadstick	Burrito/Nacho Bar Chicken Fajita or Spicy Pork Carnitas Charro Beans Cilantro Lime Rice	Homestyle Favorite Oven Roasted Turkey Mashed Potatoes w/ Gravy Green Beans Dinner Roll	LTO - Hot Sandwich Bar French Dip or Banh-Mi Seasoned Fries
Week 2- Lunch				
7	8	9	10	11
Homestyle Favorite Meatloaf AuGratin Potatoes Green Beans Dinner Roll	Just Say Cheez Pasta w/ Cheese Sauce Seasoned Chicken Assorted Toppings Broccoli Garlic Breadstick	Street Tacos Carne Asada or Chicken Fajita Charro Beans Fiesta Rice	Backyard BBQ BBQ Pulled Pork ☺ or BBQ Chicken Sandwich Baked Beans Golden Corn	Flatbread Pepperoni Or Cheese Flatbread Tossed Caesar Salad
Week 3- National School Lunch Week				
14	15	16	17	18
Asian Bowl Curried Chicken or Korean BBQ Beef Fried Rice or Noodles Steamed Vegetable	Chicken Parmesan Chicken Parmesan Pasta w/ Marinara Seasoned Broccoli Garlic Breadstick	Nacho Bar Tortilla Chips Seasoned Taco Meat Refried Beans Nacho Cheese	Chili Bar Chili Fries w/ Corn Bread or Chili Dog Tater Tots Assorted Toppings	Chicken & Waffles Boneless Chicken Wings w/ Waffles Southern Green Beans
Week 4- Lunch				
21	22	23	24	25
BYO Burger Hamburger Patty w/ Assorted Toppings and Sauces Seasoned Fries	Popcorn Chicken Bowl Popcorn chicken Mashed Potatoes w/ Gravy Golden Corn Biscuit	Taco/Nacho Bar Seasoned Taco Meat or Seasoned Chicken Refried Beans Fiesta Rice	Breakfast for Lunch French Toast Sticks Scrambled Eggs Sausage ☺ Tater Tots	Saucy Boneless Wings w/ Choice of BBQ, Buffalo or Teriyaki Sauce Seasoned Fries Garlic Breadstick

Available Daily for Lunch



Cheese Pizza, Pepperoni Pizza, Crispy Chicken Sandwich, Spicy Chicken Sandwich & Cheeseburger



Rise & Shine

Available Daily for Breakfast

- Cinnamon Roll
- Pan Dulce
- Bagel & Cream Cheese
- Yogurt Parfait
- Bosco Stick
- Assorted Cereal w/ String Cheese

Daily Breakfast Specials

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|------------------|-------------------------|
| <i>Monday</i> | Scrambler Bowl |
| <i>Tuesday</i> | Dutch Waffle w/ Sausage |
| <i>Wednesday</i> | Pancake Wrap |
| <i>Thursday</i> | English Muffin Sandwich |
| <i>Friday</i> | Breakfast Burrito |

What's for Lunch

THE GRILL



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|------------------|----------------------------|
| <i>Monday</i> | Spicy Tenders n Fries |
| <i>Tuesday</i> | Swiss & Bacon Cheeseburger |
| <i>Wednesday</i> | Chicken Nuggets w/ Fries |
| <i>Thursday</i> | Western Bacon Cheeseburger |
| <i>Friday</i> | Special Limited Time Offer |

FRESH Fit

Salads

Wraps

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|-------------------------------------|-----------------|
| Week 1 :Chinese Chicken | Hummus Veggie |
| Week 2 :Pasta Salad | Buffalo Chicken |
| Week 3 :Thai Chicken Noodle | Hummus Veggie |
| Week 4 :Chicken Caesar Salad | Buffalo Chicken |

Vegetarian Options

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| <i>Monday</i> | Bean & Cheese Burrito |
| <i>Tuesday</i> | Grilled Cheese |
| <i>Wednesday</i> | Bean & Cheese Burrito |
| <i>Thursday</i> | Cheese Quesadilla |
| <i>Friday</i> | B-4 The Burger |

All Meals are served with choice of Fat Free Chocolate Milk or 1% Milk and choice of Fresh Fruit & Vegetables. USDA and this Institution are Equal Opportunity Providers and Employers.

Breakfast \$1.50
Lunch \$ 3.25