



October 2017



High School Grab & Go Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oatmeal Raisin Bar Fresh Fruit 100% Fruit Juice Variety of Milk 2	Country Chicken Biscuit Fresh Fruit 100% Fruit Juice Variety of Milk 3	Berry French Toast Fresh Fruit 100% Fruit Juice Variety of Milk 4	Turkey Bacon Breakfast Pizza Fresh Fruit 100% Fruit Juice Variety of Milk 5	Cherry Frudel Fresh Fruit 100% Fruit Juice Variety of Milk 6
Fall Break 9	Fall Break 10	Fall Break 11	Fall Break 12	Fall Break 13
Banana Muffin Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk 16	Blueberry Mini Waffles Fresh Fruit 100% Fruit Juice Variety of Milk 17	Apple Frudel Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk 18	Maple Pancakes Fresh Fruit 100% Fruit Juice Variety of Milk 19	Egg & Cheese Sandwich Fresh Fruit 100% Fruit Juice Variety of Milk 20
Country Chicken Biscuit Fresh Fruit 100% Fruit Juice Variety of Milk 23	Berry French Toast Fresh Fruit 100% Fruit Juice Variety of Milk 24	Fruit & Cereal Bar Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk 25	Turkey Sausage Pancake Wrap Fresh Fruit 100% Fruit Juice Variety of Milk 26	Banana Muffin w/Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk 27
Cheese Toast Fresh Fruit 100% Fruit Juice Variety of Milk 30	Strawberry Pancakes Fresh Fruit 100% Fruit Juice Variety of Milk 31	Banana Muffin w/Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk 1	Fruit & Cereal Bar w/Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk 2	Maple Waffles Fresh Fruit 100% Fruit Juice Variety of Milk 3

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(V) = Vegetarian

OFFERED DAILY: 100% Fruit Juice, Fruit (to include but not limited to apple/orange wedges, banana and grapes), & a Variety of Milk
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APS Salad Bowl High School

Served Every day:
Tossed Leafy Greens, Cucumbers, Tomatoes,
Onions (sliced/diced), Jalapeno Peppers, & Pickles



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Red Pepper Strips Fresh Fruit Mixed Fruit	Broccoli Bites Fresh Fruit Sliced Peaches	Zucchini Slices Fresh Fruit Sliced Pears	Celery Sticks Fresh Fruit Applesauce	Baby Carrots Fresh Fruit Pineapple Tidbits
Fall Break	Fall Break	Fall Break	Fall Break	Fall Break
Three Bean Salad Fresh Fruit Sliced Pears	Fresh Celery Sticks Fresh Fruit Applesauce	Fresh Zucchini Slices Fresh Fruit Sliced Peaches	Baby Carrots Fresh Fruit Pineapple Tidbits	Fresh Red Pepper Strips Fresh Fruit Mixed Fruit
Broccoli Bites Fresh Fruit Sliced Peaches	Fresh Zucchini Slices Fresh Fruit Applesauce	Red Peppers Fresh Fresh Fruit Sliced Pears	Celery Sticks Fresh Fruit Pineapple Tidbits	Baby Carrots Fresh Fruit Mixed Fruit
Celery Sticks Fresh Fruit Sliced Pears	Red Pepper Strips Fresh Fruit Applesauce	Broccoli Bites Fresh Fruit Sliced Peaches	Baby Carrots Fresh Fruit Pineapple Tidbits	Coleslaw Fresh Fruit Mixed Fruit

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October 2017 High School Lunch Menu

NATIONAL FARM TO SCHOOL MONTH

	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
Homemade Creations	Spaghetti & Meatballs Green Beans with Margarine Dinner Roll	Potato Crusted Fish Nuggets Tater Bites Macaroni & Cheese	Chili Dog Sweet Potato Fries	<u>Make Room for Legumes</u> <u>Red Beans & Rice (V)</u> Kickin' Pintos Tortilla Chips	Sweet & Sour Chicken with Vegetables Collard Greens Vegetable Egg Roll
Made to Order Sandwiches	Chicken Ranch Club Flatbread	Turkey & Cheese Sandwich	Grilled Turkey Ham & Cheese Sandwich	All-American Salad Dinner Roll	Turkey Ham & Cheese Wrap
Made to Order Grill & Pizza Zone	<u>Make Room for Legumes</u> <u>Baja Bean Salad (V)</u> Tortilla Crisps	Four Cheese Pizza Fresh Baked Breadstick	Turkey Chef Salad Dinner Roll	Golden Crispy Boneless Chicken Wings Dinner Roll	Pizza Burger
Fiesta Zone	Beef and Bean Nachos Brown Rice	<u>Make Room for Legumes</u> <u>Bean Tacos (V)</u> Santa Fe Rice	<u>Make Room for Legumes</u> <u>Veggie Quesadilla (V)</u> Mexican Spiced Rice	Chicken Fajita Cilantro Lime Rice	<u>Make Room for Legumes</u> <u>Spicy Black Bean Burger (V)</u>



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October 2017 High School Lunch Menu

FALL BREAK

	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Homemade Creations					
Made to Order Sandwiches, Salads, and Grill					
Pizza Zone					
Fiesta Zone					

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High School Lunch Menu

NATIONAL FARM TO SCHOOL MONTH

	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Homemade Creations	Meatloaf with Sauce Mashed Potatoes Dinner Roll	Cajun Chili Cheese Fries Chipotle Campfire Beans Dinner Roll	Penne Alfredo Seasoned Broccoli Dinner Roll	Chicken Nuggets Sweet Potato Fries Dinner Roll	Chicken Chili Whole Grain Saltines Seasoned Green Beans
Made to Order Sandwiches, Salads and Grill	Ranch Chicken Sandwich Three Cheese Sub Baked Chips Tossed Salad w/Cheese Dinner Roll (V)	Veggie Cheeseburger Turkey & Cheese Sandwich Baked Chips Ranch Chicken Salad Dinner Roll	Reuben Sandwich Turkey Ham & Cheese Sub Baked Chips Veggies with Hummus (V) Flatbread	Hot Dog on Bun Tuna Salad Sandwich Baked Chips Ranch Chicken Salad Dinner Roll	Pesto Cheeseburger Breaded Buffalo Chicken Wrap Baked Chips All-American Salad Dinner Roll
Pizza Zone	Buffalo Chicken Pizza Breadstick	Cheeseburger Pizza Breadstick	Turkey Sausage Pizza Breadstick	Cheesy Calzone (V) Breadstick	Herbed White Flatbread Pizza (V) Breadstick
Fiesta Zone	Beef Fajitas Santa Fe Rice	Bean Quesadilla (V) Brown Rice	Beef Nachos Tortilla Chips	Chicken Taco Spiced Rice	Beef & Bean Burrito Mexican Rice

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NATIONAL FARM TO SCHOOL MONTH

	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Homemade Creations	Salisbury Steak Seasoned Peas Brown Rice	Chicken Nuggets Charro Beans Dinner Roll	Enchilada Casserole (V) Seasoned Green Beans Mexican Rice	Orange Chicken & Broccoli Vegetarian Fried Rice Sweet Potato Fries	BBQ Chicken Sautéed Kale Cornbread
Made to Order Sandwiches, Salads, and Grill	BBQ Chicken Melt Mediterranean Vegetable Wrap Baked Chips Chef Salad Dinner Roll	Cheeseburger Chicken Salad Sub Baked Chips Greek Salad Dinner Roll	Grilled Turkey Ham & Cheese Tuna Salad Sandwich Baked Chips Chicken Fajita Salad	Cajun Burger Turkey Sandwich Baked Chips Rice & Bean Salad (V) Tortilla Chips	Sloppy Joe All-American Sandwich Baked Chips Fruit & Cheese Plate Dinner Roll
Pizza Zone	Taco Pizza Breadstick	Cheese Pizza (V) Breadstick	Flatbread Buffalo Chicken Pizza Breadstick	Cheeseburger Rolletto Breadstick	Turkey Sausage Pizza Breadstick
Fiesta Zone	Cheese Quesadilla (V) Brown Rice	Beef & Bean Burrito Yellow Rice	Korean Tacos Mexican Spiced Rice	Chicken Fajita Cilantro Lime Rice	Bean & Cheese Nachos (V) Brown Rice

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High School Lunch Menu



NATIONAL FARM TO SCHOOL MONTH

	MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
Homemade Creations	Chili Mac Seasoned Mixed Vegetables Dinner Roll	Country Chicken Bowl Seasoned Broccoli Dinner Roll	Chana Masala (V) Ginger Carrots Brown Rice	Korean Stew Seasoned Mashed Potatoes Flatbread	Chicken Nuggets Campfire Beans Dinner Roll
Made to Order Sandwiches, Salads, and Grill	Spicy Pineapple Chicken Sandwich Turkey & Swiss Sandwich Baked Chips Spicy Chicken Salad Dinner Roll	Sriracha Crunch Cheese Burger Egg Salad Sub (V) Baked Chips Turkey Ham Chef Salad Dinner Roll	Chicken Parmesan Sandwich Turkey Ham & Cheddar Sandwich Baked Chips Taco Salad Dinner Roll	Filet of Fish on Bun Chicken Pinwheel Wrap Baked Chips Breaded Chicken Caesar Salad Dinner Roll	Pesto Cheeseburger Chicken Salad Sandwich Baked Chips Baja Bean Salad (V) Dinner Roll
Pizza Zone	Vegetable Pizza (V) Breadstick	Meat Lovers Pizza Breadstick	Cheesy Chicken Stromboli Breadstick	Flatbread Herb Cheese Pizza (V) Breadstick	Buffalo Chicken Pizza Breadstick
Fiesta Zone	Chicken & Bean Burrito Brown Rice	Beef Taco Santa Fe Rice	Chicken Enchilada Rice & Corn Salad	Chicken Chili Nachos Brown Rice	Beef Quesadilla Mexican Spiced Rice

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