

**Secondary Lunch Menu
October 2018**

Join us for lunch on your birthday and get a free a la carte item!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Tenders Original -or- Spicy Sides: Seasoned Green Beans	2 Oven Fried Chicken with Cornbread Side: Coleslaw	3 Super Nachos Side: Refried Beans Shredded Lettuce Diced Tomatoes	4 Philly Cheesesteak Sandwich Side: Fresh Veggie Patch	5 Burger Baskets Build Your Own! Side: Fresh Veggie Patch Customize your Lunch! ☆☆☆Cookie☆☆
8 No School K-12 Remember to fill out a Free/Reduced Meal Application by October 10 th ! www.myschoolapps.com	9 Mini Corn Dogs Side: Cheesy Broccoli	10 Breakfast for Lunch Pancakes or French Toast Sides: Hashbrowns & Baby Carrots	11 Quesadillas with Refried Beans See Your Cafe for Today's Selection Side: Fresh Veggie Patch	12 SUPER BURRITOS Build Your Own! Side: Mexicali Corn Customize your Lunch!

In addition to the main entrée line, each Secondary School has several other entrée options customized for the students at their school.

(Not all choices are available every day. See your cafe for the daily menu.)

Celebrate National School Lunch Week October 15-19!

3 Buck Lunch for Parents!

15 BBQ Chicken Drumsticks Sides: Baked Beans & Baby Carrots	16 Steak Fingers with Mashed Potatoes Side: Fresh Veggie Patch	17 Homemade Chili & Cinnamon Roll Side: Fresh Veggie Patch	18 Grilled Cheese with Tomato Soup Side: Fresh Veggie Patch	19 ASIAN BOWLS Build Your Own! Side: Fresh Veggie Patch Customize your Lunch!
22 Chicken Drumsticks with Mashed Potatoes Side: Baby Carrots ☆☆☆Apple Crisp☆☆	23 Beef Stroganoff Over Brown Rice Sides: Fresh Veggie Patch	24 Breakfast for Lunch Pancakes or French Toast Sides: Hashbrowns & Baby Carrots	25 Potato Bar Build Your Own! Side: Fresh Veggie Patch Customize your Lunch!	26 Italian Pasta Bar Build Your Own! Side: Fresh Veggie Patch Customize your Lunch! ☆☆☆Frozen Strawberry Cup☆☆
29 Chicken Tenders Original -or- Spicy Side: Seasoned Green Beans	30 Meatballs with Brown Gravy over Mashed Potatoes Sides: Fresh Veggie Patch ☆☆☆Cookie☆☆	31 Cook's Choice See Your Cafe for Today's Selection Side: Baby Carrots & Tomato Bites		

Hot Sandwiches:
 Chicken Patty,
 Spicy Chicken Patty,
 All-Beef Cheeseburger

Lighter Options:
 Cheddar Baked Potato
 Assorted Salads
 Salad Shakers
 Deli Sandwiches
 Wraps

Pizza Slice:
 Cheese
 or Pepperoni daily.

All meals include your choice of fruit, vegetables and milk.
 A la carte options are sold separately.



- Vegetarian
 - Spicy
 P - Contains Pork

Menu subject to change based on availability.

This institution is an equal opportunity provider.

Breakfast Menu

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
✓ French Toast Sticks	Biscuits & Gravy-P	Breakfast Burrito-P	Waffles -or- Breakfast Pizza	Breakfast Burrito-P

Secondary Breakfast Prices: - Free, Reduced: \$0.30, Paid: \$1.50, Adult: \$2.00

In addition to the regular menu above, students will have other entrée choices such as Breakfast Sandwiches, Pancake on a Stick - P, Smoothies, Ultimate Breakfast Round, Breakfast Bar, Yogurt Parfait with Granola, Bagel & Cream Cheese, and a variety of whole grain cold cereal. Each meal also comes with your choice of fruit, juice, and milk.
(P-Contains Pork)



Secondary Lunch Prices

Free

Reduced: \$0.40

Paid: \$2.60

Adults/Visitors: \$4.00



Student Meal Accounts Online

You can easily manage your student's meal account at www.myschoolbucks.com

Free online services include

- Set up email alerts for low balances
 - View your student's purchases
- Only \$2.49 Credit Card Fee to add money to your student's account online. Checks and cash accepted at your student's school at no extra charge.

Free and Reduced Applications are accepted all school year. It's quick and easy!

Go to www.myschoolapps.com

Call 771-2440 for paper applications and any questions.

Looking For a Job?

We hire throughout the year!
Check out www.laramie1.org
For employment opportunities!

This institution is an
equal opportunity
provider.

