

Ware Shoals High October 2021 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				
4 No School	5 No School	6 No School	7 No School	8 No School
11	12	13	14	15
Hotdog with Chili Or Yogurt Tray Both Come With Baked Beans French Fries Applesauce Cup Sliced Peaches Variety Milk	Chicken Sandwich Or Ham And Cheese Sub Both Come With Lettuce And Tomato Cup Sweet Waffle Fries Cheesy Broccoli Pear Slices Banana *Variety Milk	Chicken Alfredo With Graham Crackers Breadstick Or Turkey and Cheese on Bun Both Come With Tossed Salad Green Beans Choice of Dressing Applesauce Fresh Orange Slices *Variety Milk	Country Fried Steak Or Roasted Chicken Both Come With A Dinner Roll Deli Roaster Potatoes Chicken Gravy Breaded Okra Grapes Pineapple Tidbits *Variety Milk	Choice of Pepperoni Cheese or Tossed Salad Corn Choice of Dressing Fruit Cocktail Strawberry Slices Or Taco Salad Choice of Fruit or Vegetable *Variety Milk
18	19	20	21	22
Chili Cheese Fries With A Dinner Roll French Fries Cucumber Cup with Dip Fresh Orange Slices Peach Cup *Variety Milk Or Chef Salad With Popcorn Chicken Choice of Fruit or Vegetable *Variety Milk	Buffalo Chicken Bites With A Dinner Roll Or Toasted Cheese Sandwich Sweet Potato Fries Breaded Okra Banana Pineapple Tidbits *Variety Milk	Breaded Mozzarella Cheese Sticks With Goldfish Graham Crackers Marinara Sauce Or Yogurt With Graham Crackers Both Come With Corn Tossed Salad Applesauce Cup Fresh Orange Slices Choice of Dressing *Variety Milk	Scrambled Eggs With Sausage Grits With Cheese Toast and Graham Crackers Tater Tots Tomato Slices Strawberry Slices Variety Juice *Variety Milk Or Taco Salad Choice of Fruit or Vegetable *Variety Milk	Corn Dog Or Turkey And Cheese Sandwich Both Come With Seasoned Curly Fries Baked Beans Apple Mandarin Oranges *Variety Milk
25	26	27	28	29
Teriyaki BBQ Chicken Brown Rice Breadstick Or Yogurt With Crackers Both Come With Cheesy Broccoli Cooked Carrots Pear Slices Pineapple Tidbits *Variety Milk	Cheeseburger Or Ham And Cheese On Bun Both Come With Lettuce And Tomato Cup Lettuce Cup French Fries Cucumber Cup with Dip Peach Slices Fresh Orange Slices *Variety Milk	Choice of Pepperoni Cheese or Or Yogurt With Graham Crackers Both Come With Sweet Waffle Fries Tossed Salad Fruit Cocktail Banana *Variety Milk	Beef and Cheese Nachos Refried Beans With Cheese Sauce Corn Applesauce Peach Cup *Variety Milk Or Chef Salad With Chicken Choice of Fruit or Vegetable *Variety Milk	Popcorn Chicken Or Breaded Beef Steak Patty Both Come With Dinner Roll Creamy Mashed Potatoes Gravy Green Beans Apple Mandarin Oranges *Variety Milk
*Variety Milk offered daily 1% White Milk Fat Free Chocolate Milk Fat Free Strawberry Milk Fat Free Vanilla Milk 				