

Side Lines:

Monday:

Pizza or
Popcorn Chicken or
Corn Dogs or Hot Pockets

Tuesday:

Beef or Chicken Nachos
or Burritos or Quesadillas

Wednesday:

Chicken Tenders or Chick-
en Fried Steak or Drum-
sticks or Hot Pockets

Thursday:

Country or Asian Bowl or
Corn Dogs

Friday:

CFS Burger or Hot Pocket
or
Cheeseburgers, or
Chicken Burgers

*An Alternate
Breakfast of Cereal
and Toast served
daily!*

High School October 2020 Menu

			1. Turkey or Ham Hoagie or BBQ Sandwich Sun Chips Carrot Sticks Broccoli & Tomatoes Fruit Cup or Fresh Fruit	2. Cheese or Pepperoni Pizza or Chef Salad Corn English Peas Fresh Fruit Fruit Cup
5. Chicken Tenders or Drumstick Both w/ Hot Roll Mashed Potatoes w/Gravy Green Beans Fruit Cup or Fresh Fruit	6. General TSO Chicken or Honey Glazed Wings w/Hot Roll or Japanese Veggies Broccoli Fried Rice Fresh Fruit or Fruit Cup	7. Ham or Turkey Croissant or Frito Chili Pie Broccoli & Tomatoes Baked Beans Seasoned Curly Fries Fruit Cup or Fresh Fruit	8. Chicken Alfredo w/ Hot Roll or Crispitos w/cheese stick Roasted Cauliflower Seasoned Carrots Fresh Fruit or Fruit Cup	9. Cheese Sticks or Stuffed Crust Pizza or Chef Salad Carrot Sticks Corn Fruit Cup or Fresh Fruit
12. Spicy Chicken Sandwich or Chicken Fried Steak w/Hot Roll Mashed Potatoes Black Eyed Peas Seasoned Carrots Fresh Fruit or Fruit Cup	13. Buffalo Glazed Drumsticks w/ Hot Roll or Toasted Turkey or Ham Sandwich English Peas Crinkle Cut Fries Fruit Cup or Fresh Fruit	14. Walking Taco or Taco Pizza Refried Beans Salsa Lettuce & Tomato Fresh Fruit or Fruit Cup	15. Chicken and Waffles or Pan- cakes and Sausage w/Syrup TatorTots Sliced Carrots Fruit Cup or Fresh Fruit	16. Thin Pepperoni or Supreme Pizza or Chef Salad w/ toasty bread sticks Spinach Salad California Veggies Fresh Fruit or Fruit Cup
19. Cheeseburgers or Chicken Sandwich Crinkle Cut Fries Baked Beans Burger Salad Fruit Cup or Fresh Fruit	20. Turkey Tetrazzini w/Hot Roll or Cheese Bites w/ Marinara Sauce Broccoli Corn Fresh Fruit or Fruit Cup	21. Oven Roasted Chicken or Mesquite Glazed Chicken w/ Hot Roll California Veggies Seasoned Carrots Fruit Cup Fresh Fruit	22. Chicken Quesadilla or (2) Soft Beef Tacos Refried Beans Lettuce & Tomato Fresh Fruit Fruit Cup	23. Corn Dog or Spicy Chicken Strips w/ Hot Roll Ranch Style Beans Sun Chips Carrot Sticks Fruit Cup or Fresh Fruit
26. Popcorn Chicken or Chicken Fried Steak Both w/ Hot Roll Mashed Potatoes English Peas Fresh Fruit or Fruit Cup	27. Meatball Subs or Drumsticks w/Hot Roll Italian Blend Spinach Salad Green Beans Fresh Fruit or Fruit Cup	28. Asian Bowl or Country Bowl Wild Rice Mashed Potatoes Corn Both w/Hot Roll Fruit Cup or Fresh Fruit	29. Enchiladas or Burrito Refried Beans Salsa Seasoned Carrots Fruit Cup or Fresh Fruit	30. Pizza or Chef Salad with Toasty Bread Sticks or Turkey or Ham Croissant Corn Carrot Sticks Fresh Fruit or Fruit Cup

Every Day: Choose from Biscuit & Sausage, Muffin & Sausage, French Toast, Cinnamon Roll, Pancake on a Stick, Breakfast Pizza, Donuts, Apple/Cherry Frudal, Pig in a Blanket, or Yogurt

Includes : Choice of Fruit or Juice and Variety of Milk

Every Lunch includes a choice of vegetables, fruits, and milk. Every Breakfast includes a choice of fruit or juice and milk.