



OCTOBER JR/SR HIGH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 BREAKFAST Sausage, Egg & Cheese Muffin OR Cereal & String cheese Diced Peaches Milk & Juice</p> <p>LUNCH Oven Fried Chicken Mashed Potatoes & Gravy Steamed Broccoli, Hot Roll Applesauce Fruit & Veggie Bar and Milk</p>	<p>2 BREAKFAST Breakfast Pizza OR Cereal & String cheese Diced Pears Milk & Juice</p> <p>LUNCH Crispito's & Chili Beans Chips & Salsa Corn Strawberries w/Bananas Fruit & Veggie Bar and Milk</p>	<p>3 BREAKFAST Mini Powdered Donuts OR Cereal & String cheese Banana Milk & Juice</p> <p>LUNCH Cheeseburger Macaroni Hot Roll Green Beans Grapes Fruit & Veggie Bar and Milk</p>	<p>4 BREAKFAST Scrambled Eggs & Toast OR Cereal & String cheese Mandarin Oranges Milk & Juice</p> <p>LUNCH Roast & Potatoes Seasoned Carrots Hot Roll Peaches Fruit & Veggie Bar and Milk</p>	<p>5 BREAKFAST Biscuit & Sausage gravy OR Cereal & String cheese Fruit Milk & Juice</p> <p>LUNCH Philly Steak Sandwich Sidewinder Potatoes Baked Beans ½ Apple Fruit & Veggie Bar and Milk</p>
<p>8 BREAKFAST Sausage, Egg & Cheese Muffin OR Muffin & String cheese Diced Peaches Milk & Juice</p> <p>LUNCH Chicken Nuggets Scalloped Potatoes Hot Roll Peaches Fruit & Veggie Bar and Milk</p>	<p>9 BREAKFAST Pancake on a stick OR Muffin & String cheese Diced Pears Milk & Juice</p> <p>LUNCH Walking Taco's Salsa Chili Beans Tropical Fruit Fruit & Veggie Bar and Milk</p>	<p>10 BREAKFAST Fruit Smoothie & Muffin OR Muffin & String cheese Banana Milk & Juice</p> <p>LUNCH Italian Pasta Bake Green Beans Garlic Bread Stick Grapes Fruit & Veggie Bar & Milk</p>	<p>11 BREAKFAST Scrambled Eggs & Toast OR Muffin & String cheese Mandarin Oranges Milk & Juice</p> <p>LUNCH Frito Chili Pie w/Cheese Corn Broccoli Salad Pineapple Fruit & Veggie Bar and Milk</p>	<p>12 BREAKFAST Biscuit & Sausage gravy OR Muffin & String cheese Fruit Milk & Juice</p> <p>LUNCH Corn Dog Baked beans French Fries Pears Fruit & Veggie Bar and Milk</p>
<p>15 BREAKFAST: Sausage, Egg & Cheese Muffin OR Cereal & String cheese Diced Peaches Milk & Juice</p> <p>LUNCH Buffalo Wings Macaroni & Cheese Seasoned Carrots, Hot Roll Tropical Fruit Fruit & Veggie Bar and Milk</p>	<p>16 BREAKFAST: Breakfast Pizza OR Cereal & String cheese Diced Pears Milk & Juice</p> <p>LUNCH Chicken Fajita w/fixings Chili Beans Lettuce & Tomatoes Mandarin Oranges Fruit & Veggie Bar and Milk</p>	<p>17 BREAKFAST Glazed Donut OR Cereal & String cheese Banana Milk & Juice</p> <p>LUNCH Meat Loaf Mashed potatoes & Gravy Green Beans, Roll Grapes Fruit & Veggie Bar and Milk</p>	<p>18 BREAKFAST Scrambled Eggs & Toast OR Muffin & String cheese Mandarin Oranges Milk & Juice</p> <p>LUNCH Beefy Noodles Hot Roll Spinach Applesauce Fruit & Veggie Bar and Milk</p>	 <p style="text-align: center;">Fall Break</p>
 <p style="text-align: center;">Fall Break</p>	<p>23 BREAKFAST Pancake on stick OR Muffin & String cheese Diced Pears Milk & Juice</p> <p>LUNCH Burrito w/Cheese Sauce Chili Beans Chips & Salsa Pears Fruit & Veggie Bar and Milk</p>	<p>24 BREAKFAST Fruit Smoothie & Muffin OR Muffin & String cheese Banana Milk & Juice</p> <p>LUNCH Fish Nuggets Macaroni & Cheese Green Beans Peaches Fruit & Veggie Bar and Milk</p>	<p>25 BREAKFAST Scrambled Eggs & Toast OR Muffin & String cheese Mandarin Oranges Milk & Juice</p> <p>LUNCH BBQ Meatballs Cheesy Broccoli Hot Roll Strawberries & Bananas Fruit & Veggie Bar and Milk</p>	<p>26 BREAKFAST Biscuit & Sausage gravy OR Muffin & String cheese Fruit Milk & Juice</p> <p>LUNCH Hot Ham & Cheese Sandwich Tater tots Baked beans Tropical Fruit Fruit & Veggie Bar and Milk</p>
<p>29 BREAKFAST Sausage, Egg & Cheese Muffin OR Cereal & String cheese Diced Peaches Milk & Juice</p> <p>LUNCH Chicken Fried Steak Mashed Potatoes & Gravy Hot Roll Cinnamon Apple Slices Fruit & Veggie Bar and Milk</p>	<p>30 BREAKFAST Breakfast Pizza OR Cereal & String cheese Diced Pears Milk & Juice</p> <p>LUNCH Nacho Supreme Chili Beans Salsa Tropical Fruit Fruit & Veggie Bar and Milk</p>	<p>31 BREAKFAST Mini Chocolate Donuts OR Cereal & String cheese Banana Milk & Juice</p> <p>LUNCH Spaghetti w/Meat Sauce Garlic Bread Stick Green Beans Grapes Fruit & Veggie Bar and Milk *Birthday Celebration*</p>	<p>Nov 1st BREAKFAST Scrambled Eggs & Toast OR Cereal & String cheese Mandarin Oranges Milk & Juice</p> <p>LUNCH Chicken & Dressing Casserole Hot Roll Steamed Broccoli Peaches Fruit & Veggie Bar and Milk</p>	<p>2 BREAKFAST Biscuit & Sausage gravy OR Cereal & String cheese Fruit Milk & Juice</p> <p>LUNCH Sloppy Joe Ranch Potato Wedges Baby Carrots w/Dip ½ Apple Fruit & Veggie Bar and Milk</p>

THE MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY OR DELIVERY OF FOOD

Other Entrée Choices Offered Daily: Hamburger/Chicken/Steak/Deli Sandwich & Fries/Tots-Pizza-Chef Salad.

This institution is an equal opportunity provider