

# October

2021 PHS

## menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>National School Lunch Week</u> Created in 1962 by President John F. Kennedy, it's a celebratory week of events and activities promoting the benefits of the National School Lunch Program (NSLP)</p>	<p><u>Daily choices include:</u> Main dish, Hamburger, Pizza, Chicken Sandwich grilled, hot &amp; spicy, breaded, Chicken Nuggets, Burrito, Corn Dog</p>	<p>This institution is an equal opportunity provider.</p>		<p>1. BBQ Pork Sandwich French Fries Broccoli /dip Spiced Apples Milk</p>
<p>4 Pizza Romaine salad Lite Ranch Banana Sherbet Milk</p>	<p>5 Oven Fried Chicken Mashed Potatoes/gravy Seasoned Corn Variety Fruit Roll Milk</p>	<p>6. <u>National Noodle Day</u> Chicken &amp; Noodles Steamed Broccoli Carrot Coins Crackers Peaches Milk</p>	<p>7 Steak Strips Mashed Potatoes Brown Gravy Black-eyed Peas Hot Roll Fruit Milk</p>	<p>8 <u>Breakfast 4 Lunch</u> Ham Egg Tater Bowl Biscuit Juice Milk</p>
<p>11 Beef &amp; Macaroni Steamed Broccoli Peaches Hot roll Milk</p>	<p>12 Oriental Chicken Stir Fry w/veggies Egg Roll Rice Fruit Milk</p>	<p>13 <u>Waffleicious Wednesday</u> Chicken Tenders Waffle/Syrup Waffle French fries Mandarin Oranges Milk</p>	<p>14 Burrito Cinni Crunch Beans Buttered Corn Side kick Slush Milk</p>	<p>15 Redskin Café Bacon Cheeseburger Sweet Potato FF Sand Salad cup Fruit Milk</p>
<p>18 BBQ Pork Nachos Baked Beans Cole Slaw Asst. Fresh fruit Milk</p>	<p>19 Spaghetti Seasoned Corn Romaine salad Lite Ranch Apple Slices Hot Roll Milk</p>	<p>20 Taco Soup Cheese Toast Crackers Broccoli Florets Lite ranch Applesauce Milk</p>	<p>21 Chicken Nuggets French Fries Hot Roll Fruit Milk</p>	<p>22. Fall Break No School</p> 
<p>25. Deli Sandwich Baked chips Sand Salad cup Broccoli w dip Fruit Milk</p>	<p>26 <u>Taco Tuesday</u> Taco Salad Seasoned Corn Cinnamon Roll Applesauce Milk</p>	<p>27 Macaroni &amp; Cheese California Veggies Cherry Tomatoes Sidekick Slush Roll Milk</p>	<p>29 Pizza Romaine Salad Sherbet Asst. Fruit Milk</p>	<p>30 Corn Dogs Pinto Beans Carrot stix/dip Banana Milk</p>

### Fruits and veggies are really good for EWE!

Monday: Mini Donut, juice, fruit, milk  
 Tuesday: Breakfast Pizza, juice, fruit, milk  
 Wednesday: Sausage Pancake Stick, syrup, juice, fruit, milk  
 Thursday: Yogurt, Super Donut, juice, fruit, milk  
 Friday: Sausage, gravy, roll, juice, fruit, milk  
cereal, Berry Slice, Sausage Biscuit, cereal bar & string cheese, Chicken Biscuit, Honey bun, Mini donut, Poptart & Yogurt, Yogurt Parfait, juice, fruit, milk offered as daily choices  
**Daily menu subject to change due to supply chain issues.**

