

## JUNIOR & SENIOR HIGH LUNCH MENU/OCTOBER 1 - 30, 2020

### MENU SUBJECT TO CHANGE

IN ACCORDANCE WITH FEDERAL LAW AND U.S. DEPARTMENT OF AGRICULTURE POLICY, THIS INSTITUTION IS PROHIBITED FROM DISCRIMINATING ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, SEX, AGE, OR DISABILITY.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 ORANGE CHICKEN FRIED RICE ½ c EGG ROLL w/sweet & sour DICED PEACHES ½ c FORTUNE COOKIE MILK	2 WG CHICKEN PATTY ON WG BUN w/mayo SWEET POTATO FRIES ½ c APPLE SLICES ½ c MILK
5 POPCORN CHICKEN w/bbq POTATO SMILES GREEN BEANS ½ c DICED PEACHES ½ c BREAD SLICE MILK	6 WG CHEESE QUESADILLA w/salsa ¼ c CORN ½ c DICED PEARS ½ c MILK	7 CHICKEN & NOODLES GLAZED CARROTS ½ c WG BISCUIT APPLESAUCE ½ c MILK	8 CHEESEBURGER ON WG BUN w/catsup/mustard/pickles OVEN FRIES ½ c MANDARIN ORANGES ½ c MILK	9 TEACHER'S INSTITUTE  NO SCHOOL
12  COLUMBUS DAY  NO SCHOOL	13 MOZZARELLA BREADSTICKS w/marinara 2 oz CORN ½ c DICED PEARS MILK	14 RAVIOLI w/MEAT SAUCE GREEN BEANS ½ c DICED PEACHES ½ c GARLIC BREAD MILK	15 WG CORN DOG w/catsup/mustard TATER TOTS ½ c BAKED BEANS ½ c PINEAPPLE ½ c MILK	16 BBQ PORK ON BUN w/pickles SAVORY POTATO CUBES ½ c MANDARIN ORANGES ½ c FRUIT ROLL UP MILK
19 WG CHICKEN NUGGETS w/bbq MASHED POTATOES ½ c & GRAVY 2 oz WG BISCUIT DICED PEACHES ½ c MILK	20 WG CHEESE PIZZA SLICE GREEN BEANS ½ c CORN ½ c GRAPES ½ c MILK	21 TURKEY MANHATTAN (Turkey Gravy, Mashed Potatoes, Bread Slice) GLAZED CARROTS ½ c APPLESAUCE ½ c MILK	22 TERRIYAKI CHICKEN FRIED RICE ½ c CORN ½ c EGG ROLL w/sweet & sour FORTUNE COOKIE PINEAPPLE ½ c MILK	23 PARENT TEACHER CONFERENCE  NO SCHOOL
26 WG CHICKEN TENDERS w/bbq MASHED POTATOES ½ c & GRAVY 2 oz PRETZEL & CHEESE APPLESAUCE ½ c MILK	27 WG PEPPERONI PIZZA SLICE GREEN BEANS ½ c CORN ½ c DICED PEARS ½ c MILK	28 BBQ RIBLETS CHEESY POTATOES ½ c APPLESAUCE ½ c BREAD SLICE WHITE BIRTHDAY CUPCAKE MILK	29 MACARONI & CHEESE 2/3 c PEAS ½ c CHERRY SIDEKICK 4 oz. CHEX MIX MIXED FRUIT ½ c MILK	30 NACHO GRANDE (TACO MEAT/TOSTITO CHIPS) SALSA/SOUR CREAM SHREDDED LETTUCE ½ c CHEESE 1 oz DICED TOMATOES ¼ c REFRIED BEANS ½ c PEACHES ½ c MILK

\*WG/Whole Grain Rich