

Menus

School: Peoria Heights High School

Academic Year: 2020-21

Meal: Lunch

Month: October 2020

October				
M	Tu	W	Th	F
28 Sloppy Joe on a Bun Alternate: Deli Wrap Potato Wedges Pears, milk	29 Chicken Quesadilla w/Salsa Alternate: Deli Wrap Cucumbers/peppers Mandarin Oranges, milk	30 Pizza Alternate: Deli Wrap Carrots/celery Applesauce, milk	1 1/2 DAY NO LUNCH SERVED!! EAT YOUR BREAKFAST!	2
5 Chicken Nuggets Alternate: Hamburger Cheesy Potatoes Watermelon Milk	6 Chicken Tacos w/ Lettuce, cheese, and salsa Alternate: Hamburger Cucumbers and Peppers, Apple slices w/ peanut butter cup(optional) Milk	7 Hot Dog on a Bun Alternate: Alternate Cucumbers/Peppers, Applesauce, Milk	8 Yellow Mac-n-Cheese Alternate: Hamburger Green Beans, Slushies, Milk	9 Pizza Crunchers w/ Marinara Alternate: Hamburger Carrot/Celery Sticks, Pears, Milk
12	13 French Toast w/Sausage Alternate: Taco Bites Potato Wedges, Mandarin Oranges, Milk	14 Mozzarella Sticks w/ Marinara Alternate: Taco Bites Cucumbers/ Peppers, Apple Slices (w/optional Peanut Butter), Milk	15 BBQ Chicken on a Bun Alternate: Taco Bites Carrots, Honeydew Melon, Milk	16 4 meat Big Daddy's Pizza Alternate: Taco Bites Broccoli/Cauliflower/Carrots, Mixed Fruit, Milk
19 Cheeseburger on a Bun Alternate: Grilled Cheese Cucumbers/Peppers, Applesauce, Milk	20 Burrito w/ Salsa Alternate: Grilled Cheese .Tomatoes/Cucumbers, Craisins, Milk	21 Chicken Patty on a Bun Alternate: Grilled Cheese Broccoli/Cauliflower/Carrots, Grapes, Milk	22 Chicken Tenders Alternate: Grilled Cheese Side Salad, pineapple, Milk	23 Stuffed Crust Sausage or Pepperoni Pizza Alternate: Grilled Cheese Carrots/Celery Sticks, Peaches, Cookies, Milk
26 Spicy Chicken Patty on a Bun Alternate: Chicken Quesadilla Cucumbers/Peppers, Mixed Fruit, Milk	27 BBQ Rib on a Bun Alternate: Chicken Quesadilla Carrots/Tomatoes, Grapes, Milk	28 Pretzel Nuggets w/Cheese Alternate: Chicken Quesadilla Broccoli/ Cauliflower, Apple Slices (w/optional Peanut Butter), Milk	29 Mini Corn Dogs Alternate: Chicken Quesadilla Carrots/Celery Sticks, Mandarin Oranges, Milk	30