

# OCTOBER 2019

## Middle/High School Lunch

Lunch Prices:  
 Students \$3.00  
 Adults \$4.00  
 Milk .60

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Burrito **1**  
 Fruit & Veggie Bar  
 Green Beans  
 Bug Bite Crackers  
 Milk

Finger Steaks **2**  
 Fruit & Veggie Bar  
 Green Salad  
 Mozzarella Breadstick  
 Milk

Hot Dog **3**  
 Fruit & Veggie Bar  
 Cheese Stick  
 Chips  
 Milk

No School  
 In Service **4**

Chicken Nuggets **7**  
 Fruit & Veggie Bar  
 Wheat Roll  
 Milk

Hamburger **8**  
 Fruit & Veggie Bar  
 Baked Beans  
 Chocolate Mousse  
 Milk

Turkey Gravy **9**  
 Mashed Potatoes  
 Fruit & Veggie Bar  
 Wheat Roll  
 Milk

Teriyaki Chicken **10**  
 Fruit & Veggie Bar  
 Steamed Broccoli  
 Brown Rice w/Black Beans  
 Milk

Calzone **11**  
 Fruit & Veggie Bar  
 Potato Smiles  
 Milk

Chicken Sandwich **14**  
 Fruit & Veggie Bar  
 Sidewinder Fries  
 Milk

Spaghetti or Potato Bar **15**  
 Fruit & Veggie Bar  
 Green Beans  
 Garlic Toast  
 Milk

Tacos **16**  
 Fruit & Veggie Bar  
 Steamed Corn  
 Churro  
 Milk

Hot Dog or Potato Bar **17**  
 Fruit & Veggie Bar  
 Baked Beans  
 Sun Chips  
 Milk

Pizza Ripper **18**  
 Fruit & Veggie Bar  
 Fruit Roll Up  
 Milk

Mini Corn Puppies **21**  
 Fruit & Veggie Bar  
 French Fries  
 Brownie  
 Milk

Chicken or Beef Fajita **22**  
 Fruit & Veggie Bar  
 Rice Krispy Treat  
 Milk

Turkey N' Noodles **23**  
 Fruit & Veggie Bar  
 Green Salad  
 Vanilla Mousse  
 Milk

Chili or Potato Bar **24**  
 Fruit & Veggie Bar  
 Nacho Chips  
 Fruit Snacks  
 Milk

Tangerine Chicken **25**  
 Fruit & Veggie Bar  
 Steamed Peas  
 Brown Rice  
 Milk

Burrito **28**  
 Fruit & Veggie Bar  
 Green Beans  
 Bug Bite Crackers  
 Milk

Finger Steaks **29**  
 Fruit & Veggie Bar  
 Green Salad  
 Mozzarella Breadstick  
 Milk

Chicken Fried Steak **30**  
 Fruit & Veggie Bar  
 Mashed Potatoes  
 Wheat Roll  
 Milk

Pizza Round Pepperoni **31**  
 Fruit & Veggie Bar  
 Fruit Roll Up  
 Milk

