

High School Lunch

October 2018

HOME ZONE	
<p>Everyday we offer a featured entrée and accompanying sides at our HOME ZONE station.</p>	

EVERYDAY OFFERINGS AT THE GRILL	
	<p>Hamburger, Cheeseburger, Veggie Burger, Chicken Patty, Spicy Chicken Patty, or Grilled Chicken on a Whole Grain Bun Chicken Tenders or 100% White Meat Boneless Wings with a Pretzel Rod Tater Tots or Sweet Potato Fries</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Salisbury Steak and Gravy with Egg Noodles</p> <p>Chicken Patty Salsa Melt</p> <p>Sweet Golden Corn, Fresh Broccoli, Fresh Apple, Fruit Juice</p>	<p>2</p> <p>Sweet & Sour Popcorn Chicken with Fried Rice</p> <p>Breaded Fish Melt</p> <p>Mixed Stir-Fry Veggies, Red Pepper Strips, Orange, Apple Juice</p>	<p>3</p> <p>Grilled Cheese & Tomato Soup</p> <p>Chicken Teriyaki Sandwich</p> <p>Roasted Carrots, Garden Salad, Fresh Banana, Orange Juice</p>	<p>4</p> <p>BBQ Chicken, Black Bean, Jalapeno Rolletto</p> <p>Pesto Cheeseburger</p> <p>Baked Beans, Celery Sticks, Pineapple Tidbits, Fruit Juice</p>	<p>5</p> <p>Spaghetti Carbonara w/ Chicken & Bacon</p> <p>Pimento Chicken Melt</p> <p>Collard Greens, Cucumber & Tomato Salad, Fresh Pears, Apple Juice</p>
<p>8</p> <p>Turkey & Gravy with Traditional Stuffing</p> <p>Crispy Srirachan Burger</p> <p>Mashed Potatoes with Gravy, Broccoli, Fresh Apple, Fruit Juice</p>	<p>9</p> <p>Chicken Parmesan Pasta</p> <p>BBQ Cheeseburger</p> <p>Green Beans, Red Pepper Strips, Fresh Orange, Apple Juice</p>	<p>10</p> <p>Late Start</p> <p>Chili Cheese Baked Potato with Roll</p> <p>Chicken & Waffles</p> <p>Steamed Carrots, Fresh Zucchini, Fresh Banana, Orange Juice</p>	<p>11</p> <p>French Toast Sticks & Cheese Omelet</p> <p>Mini Corn Dogs</p> <p>Steamed Broccoli, Celery Sticks, Fresh Watermelon, Fruit Juice</p>	<p>12</p> <p>Vegetable Egg Roll & Fried Rice</p> <p>Pizza Burger</p> <p>Baked Beans, Baby Carrots, Diced Strawberries, Apple Juice</p>
<p>15</p> <p>Mac & Cheese w/ Ham</p> <p>Chili Cheese Dog</p> <p>Steamed Peas, Cherry Tomatoes, Fresh Apple, Fruit Juice</p>	<p>16</p> <p>Spicy Popcorn Chicken Bowl w/ Dinner Roll</p> <p>Grilled Ham and Cheese Sandwich</p> <p>Steamed Squash, Cucumber Slices, Fresh Orange, Apple Juice</p>	<p>17</p> <p>Cheesy Ravioli w/ Marinara WG Breadstick</p> <p>Jalapeno, Onion Burger</p> <p>Sweet Potato Fries, Celery Sticks, Fresh Banana, Orange Juice</p>	<p>18</p> <p>Pizza Sticks w/ Marinara</p> <p>Cajun Slaw Burger</p> <p>Campfire Pinto Beans, Baby Carrots, Applesauce, Fruit Juice</p>	<p>19</p> <p>Cajun Chili Fries</p> <p>Buffalo Chicken Sandwich</p> <p>Steamed Broccoli, Red Pepper Strips, Diced Peaches, Apple Juice</p>
<p>22</p> <p>Meatloaf with Gravy and Italian Flatbread</p> <p>BBQ Pork Riblet Sandwich</p> <p>Sweet Golden Corn, Baby Carrots, Fresh Apple, Fruit Juice</p>	<p>23</p> <p>Chicken Etouffee & Rice</p> <p>Black Bean Salsa Cheeseburger</p> <p>Peas & Carrots, Red Pepper Strips, Fresh Orange Wedges, Apple Juice</p>	<p>24</p> <p>Chef's Choice</p> <p>Taco Cheeseburger</p> <p>Mashed Potatoes, Fresh Zucchini, Fresh Banana, Orange Juice</p>	<p>25</p> <p>No School</p>	<p>26</p> <p>No School</p>
<p>29</p> <p>Chicken Drumstick & Whole Grain Dinner Roll</p> <p>BBQ Pork Sandwich</p> <p>Mashed Potatoes, Cherry Tomatoes, Fresh Apple, Fruit Juice</p>	<p>30</p> <p>Vegetarian Chili Mac</p> <p>Chicken Pizza Burger</p> <p>Roasted Carrots, Jicama Sticks, Fresh Orange, Apple Juice</p>	<p>31</p> <p>Country Chicken Nugget Bowl & Whole Grain Roll</p> <p>Chicken Cheesesteak</p> <p>Steamed Cauliflower, Celery Sticks, Fresh Banana, Orange Juice</p>		

Meal Prices:

Breakfast: \$1.25 Full Pay, \$0.30 Reduced, \$0.00 Free, \$2.00 Adult

Lunch: \$2.95 Full Pay, \$0.40 Reduced, \$0.00 Free, \$3.75 Adult

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EVERYDAY OFFERINGS – MAKE YOUR OWN!

PICK A BREAD

Sub Roll, Cheddar Roll, Whole Grain Wrap, Whole Grain Flatbread

GET SOME PROTEIN

Ham, Turkey, Chicken Salad, Tuna Salad, Hummus

CHEESE

American, Cheddar, Provolone

CUSTOMIZE

Lettuce, Tomato, Onion, Cucumber Slices, Green Pepper Strips, Black Olives, Pickles, Banana Peppers, Jalapenos

ADD A SPREAD

Mayo, Yellow Mustard, Honey Mustard, Ranch Dressing, Sriracha Mayo



EVERYDAY OFFERINGS

Cheese & Pepperoni Pizza on Whole Grain Crust

Made-To-Order Pasta:
Pasta, Meatballs, Diced Chicken, Spaghetti Sauce, Alfredo Sauce

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meat Lover's Pizza	2 Mexican Pizza	3 BBQ Chicken Pizza	4 White Pizza	5 Bruschetta Chicken Flatbread
8 White Pizza w/ Sausage	9 Hawaiian Pizza	10 Late Start Cheeseburger Pizza	11 Chicken Siracha Pizza	12 Mexican Pizza
15 Bruschetta Chicken Flatbread	16 Vegetable Pesto Pizza	17 Meat Lovers Pizza	18 Buffalo Chicken Pizza	19 BBQ Chicken Calzone
22 Taco Pizza	23 Greek Chicken Pizza	24 Vegetable Pizza	25 No School	26 No School
29 Chicken & Pepper Stromboli	30 White Cheese Herb Pizza	31 Mac & Cheese Pizza		



EVERYDAY OFFERINGS – MAKE YOUR OWN!

STARTERS

Nachos, Tacos, Burrito, Bowl (Rice)

GET SOME PROTEIN (Pick 2)

Seasoned Chicken, Beef, Melted Cheese Sauce, Shredded Cheese

CUSTOMIZE

Rice, Beans, Lettuce, Tomato, Onion, Black Olives, Sliced Jalapeno, Sour Cream

TOP IT OFF

Classic Salsa, Salsa Verde, Pico de Gallo