

# High School Lunch

## October 2017

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
<b>2</b> <b>Spaghetti with Meatballs &amp; WG Breadstick</b>  <b>California Ranch Chicken Sandwich</b>  Sweet Golden Corn, Fresh Broccoli Florets, Fresh Apple, Fruit Juice	<b>3</b> <b>Fish Sticks with Mac &amp; Cheese</b>  <b>Taco Cheeseburger</b>  Green Beans, Red Pepper Strips, Banana, Apple Juice	<b>4</b> <b>Chicken Pot Pie with Whole Grain Biscuit</b>  <b>Bacon Cheeseburger</b>  Steamed Carrots, Garden Salad, Fresh Apple, Grape Juice	<b>5</b> <b>Chicken Fajitas with Mexican Rice</b>  <b>Chicken Teriyaki Sandwich</b>  Black Charro Beans, Celery Sticks, Orange, Orange Juice	<b>6</b> <b>Sweet &amp; Sour Popcorn Chicken with Fried Rice</b>  <b>Pizza Burger</b>  Steamed Broccoli, Cucumber Slices, Mixed Fruit, Fruit Juice
<b>9</b> <b>Chicken Drumstick &amp; Whole Grain Dinner Roll</b>  <b>Crispy Srirachan Burger</b>  Mashed Potatoes with Gravy, Broccoli Florets, Fresh Apple, Fruit Juice	<b>10</b> <b>Rotini with Italian Meat Sauce &amp; WG Breadstick</b>  <b>Bacon Cheeseburger</b>  Green Beans, Red Pepper Strips, Fresh Banana, Apple Juice	<b>11</b> <b>Broccoli &amp; Cheese Baked Potato with Roll</b>  <b>Chicken Patty Salsa Melt</b>  Steamed Carrots, Garden Salad, Fresh Apple, Grape Juice	<b>12</b> <b>Grilled Cheese with Tomato Soup</b>  <b>Jalapeno Cheeseburger</b>  Baked Beans, Celery Sticks, Fresh Orange, Orange Juice	<b>13</b> <b>General Tso's Popcorn Chicken &amp; Rice</b>  <b>Pizza Burger</b>  Steamed Broccoli, Baby Carrots, Diced Peaches, Fruit Juice
<b>16</b> <b>Meatloaf with Gravy and Italian Flatbread</b>  <b>California Ranch Chicken Sandwich</b>  Mashed Potatoes with Gravy, Cherry Tomatoes, Fresh Grapes, Fruit Juice	<b>17</b> <b>Popcorn Chicken Bowl with Dinner Roll</b>  <b>Cajun Cheeseburger</b>  Green Beans, Cucumber Slices, Fresh Banana, Apple Juice	<b>18</b> <b>Cheesy Penne with WG Breadstick</b>  <b>BBQ Cheeseburger</b>  Steamed Carrots, Celery Sticks, Fresh Apple, Grape Juice	<b>19</b> <b>Pancakes with Cinnamon Apples and Sausage Patties</b>  <b>Buffalo Chicken Patty</b>  Baked Beans, Baby Carrots, Fresh Orange, Orange Juice	<b>20</b> <b>Cajun Chili Fries &amp; Whole Grain Flatbread</b>  <b>Breaded Fish Melt</b>  Steamed Broccoli, Red Pepper Strips, Applesauce, Fruit Juice
<b>23</b> <b>Pizza Sticks with Marinara Sauce</b>  <b>BBQ Chicken Melt</b>  Sweet Golden Corn, Broccoli Florets, Fresh Pear, Fruit Juice	<b>24</b> <b>Chicken &amp; Waffles</b>  <b>Crispy Srirachan Burger</b>  Green Beans, Red Pepper Strips, Fresh Banana Wedges, Apple Juice	<b>25</b> <b>Chef's Choice</b>  <b>BBQ Cheeseburger</b>  Steamed Carrots, Garden Salad, Fresh Apple, Grape Juice	<b>26</b> <b>No School</b>	<b>27</b> <b>No School</b>
<b>30</b> <b>Salisbury Steak and Gravy with Egg Noodles</b>  <b>Cajun Cheeseburger</b>  Mixed Veggies, Cherry Tomatoes, Fresh Grapes, Fruit Juice	<b>31</b> <b>Country Chicken Nugget Bowl &amp; Whole Grain Roll</b>  <b>Crispy Srirachan Burger</b>  Steamed Carrots, Jicama Sticks, Fresh Banana, Apple Juice	<b>Meal Prices:</b> Breakfast: \$1.15 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
2 Alfredo Chicken & Spinach Flatbread	3 Sausage Pizza	4 Meat Lover's Pizza	5 Spicy Chicken Pizza	6 Stuffed Crust Cheese Pizza
9 Meat Lover's Pizza	10 Chicken Parmesan Pizza	11 Buffalo Chicken Flatbread	12 Bruschetta Chicken Flatbread	13 Vegetable Pizza
16 White Cheese & Sausage Flatbread	17 Meat Lover's Pizza	18 Stuffed Crust Cheese Pizza	19 Sausage Pizza	20 White Cheese & Tomato Flatbread
23 Sausage Pizza	24 Florentine Chicken Flatbread	25 Mexican Pizza	26 No School	27 No School
30 Meat Lover's Pizza	31 Spicy Pepperoni Flatbread			



## 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