



HIGH SCHOOL BREAKFAST AND LUNCH MENU OCTOBER 2021

HIGH SCHOOL BREAKFAST: STUDENTS: NO COST // Adult/Visitor breakfast \$2.50

HIGH SCHOOL LUNCH: STUDENTS: NO COST // Adult/Visitor lunch \$4.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Biscuit Cheese Stuffed Breadsticks Garden Salad Roasted Broccoli Garden Fresh Cucumber Slices Mixed Fruit
4 Whole Wheat Cinnamon Roll Chili Cheese Hot Dog Garden Salad Sweet Potato Fries Sliced Peaches	5 Mini Pancakes Pork Carnitas Tacos Garden Salad Whole Kernel Corn Sliced Peaches Cheddar Jalapeño Cornbread	6 Turkey Bacon & Egg Breakfast Taco Boneless Buffalo Wings Steamed Rice Garden Salad Stir Fried Vegetables Mandarin Oranges & Pineapple Wheat Roll	7 Ham & Cheese Croissant Beef & Cheese Nachos Garden Salad Seasoned Black Beans Frozen Peach Cup	8 Sausage & Cheese Kolache Pulled Pork BBQ Baked Potato Cole Slaw Roasted Broccoli Fruit Cobbler Cheddar Jalapeño Cornbread
11 Whole Wheat Cinnamon Roll Steak Fingers Garden Salad Mashed Potatoes & Gravy Peaches & Berries Wheat Roll	12 French Toast Beef Soft Tacos Garden Salad Whole Kernel Corn Fresh Whole Fruit	13 Sausage & Cheese Biscuit Lasagna Rolls Garden Salad Seasoned Green Beans Fresh Cantaloupe Chunks Garlic Roll	14 Sausage & Cheese Croissant Cheese Enchiladas Garden Salad Seasoned Pinto Beans Mandarin Oranges Cheddar Jalapeño Cornbread	15 Chicken Biscuit Cheese Stuffed Breadsticks Garden Salad Roasted Broccoli Fruit Cobbler
18 Whole Wheat Cinnamon Roll Mini Corn Dogs Garden Salad Mixed Vegetables Sliced Peaches	19 French Toast Pork Carnitas Tacos Garden Salad Whole Kernel Corn Fresh Whole Fruit Cheddar Jalapeño Cornbread	20 Turkey Bacon & Egg Breakfast Taco Orange Chicken & Lo Mein Garden Salad Stir Fried Vegetables Mandarin Oranges & Pineapple Wheat Roll	21 Ham & Cheese Croissant Beef & Cheese Nachos Garden Salad Seasoned Black Beans Mandarin Oranges	<h1 style="font-size: 2em;">NO SCHOOL</h1>
25 Whole Wheat Cinnamon Roll Steak Fingers Garden Salad Mashed Potatoes & Gravy Frozen Peach Cup Wheat Roll	26 Mini Pancakes Beef Soft Tacos Garden Salad Whole Kernel Corn Peaches & Berries	27 Sausage & Cheese Biscuit Spaghetti & Meatsauce Garden Salad Seasoned Green Beans Fresh Pineapple Chunks Garlic Roll	28 Sausage & Cheese Croissant Chicken Supreme Nachos Garden Salad Seasoned Black Beans Mandarin Oranges	29 Chicken Biscuit Cheese Stuffed Breadsticks Garden Salad Roasted Broccoli Mixed Fruit

This institution is an equal opportunity provider.

Menus are subject to change without notice due to price and availability of food

Menus also available at Schoolcafe.com

Nutrient Analysis is available at <https://www.cfsd.net/Page/3593>

Complete Breakfast Includes:

Choice of 1 entrée

1 fruit OR 1 fruit & juice

1% white or fat free chocolate milk

Daily Breakfast Features:

Yogurt & Rockin' ola granola

Whole grain cereal (Not available at some schools)

Fresh Fruit

100% fruit juice

1% white or fat free chocolate milk

A Complete Lunch Includes:

Choice of entrée

1 whole fruit

2 vegetables

1% white or fat free chocolate milk

Weekly Entrée Salads:

Tuesday, Wednesday & Thursday

Chef's Salad

Grilled Chicken Caesar Salad