



HIGH SCHOOL BREAKFAST AND LUNCH MENU

OCTOBER 2022

HIGH SCHOOL BREAKFAST: PAID STUDENTS: \$1.25 // Adult/Visitor breakfast \$3.00

HIGH SCHOOL LUNCH: PAID STUDENTS: \$2.50 // Adult/Visitor lunch \$5.00

REDUCED STUDENT BREAKFAST: \$0.20 // REDUCED STUDENT LUNCH: \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Whole Wheat Cinnamon Roll Mini Corn Dogs Spicy Chicken Sandwich Baked Beans Garden Salad Sliced Peaches Wheat Roll	4 Whole Grain Chocolate Chip Waffle Chicken Fajita Tacos Spicy Chicken Tenders Garden Salad Whole Kernel Corn Diced Pears Wheat Roll	5 Apple Spice Muffin Orange Chicken & Stir-Fried Rice Homestyle Chicken Tenders Garden Salad Stir Fried Vegetables Mandarin Oranges & Pineapple Banana Bread	6 Turkey Ham & Cheese Croissant Beef & Cheese Nachos Garden Salad Seasoned Black Beans Mixed Fruit	7 Sausage & Cheese Kolache Pulled Pork BBQ Sandwich Spicy Chicken Sandwich Cole Slaw Sweet Potato Fries Peach Cobbler
10 Whole Wheat Cinnamon Roll Steak Fingers Homestyle Chicken Tenders Garden Salad Mashed Potatoes & Gravy Seasoned Green Beans Peaches & Berries Wheat Roll	11 French Toast Beef Soft Tacos Spicy Chicken Sandwich Garden Salad Whole Kernel Corn Sliced Peaches	12 Sausage & Cheese Biscuit Homestyle Chicken Tenders Spaghetti & Meatballs Garden Salad Seasoned Green Beans Diced Pears Garlic Roll	13 Turkey Ham & Cheese Croissant Cheese Enchiladas Spicy Chicken Tenders Garden Salad Seasoned Pinto Beans Pineapple Tidbits	14 Chicken Biscuit Cheese Stuffed Breadsticks Spicy Chicken Tenders Garden Salad Roasted Broccoli Peach Cobbler
17 Whole Wheat Cinnamon Roll Mini Corn Dogs Spicy Chicken Sandwich Garden Salad Mixed Vegetables Sliced Peaches	18 Whole Grain Maple Waffle Chicken Fajita Tacos Spicy Chicken Tenders Garden salad Whole Kernel Corn Diced Pears Cheddar Jalapeno Cornbread	19 Apple Spice Muffin Orange Chicken & Stir-Fried Rice Spicy Chicken Sandwich Garden Salad Stir Fried Vegetables Mandarin Oranges & Pineapple Banana Bread	20 Turkey Ham & Cheese Croissant Beef & Cheese Nachos Garden Salad Seasoned Black Beans Mandarin Oranges	21 Sausage & Cheese Kolache Macaroni & Cheese Spicy Chicken Tenders Baby Carrots Garden Salad Pineapple Tidbits Wheat Roll
NO SCHOOL	25 Mini Pancakes Beef Soft Tacos Spicy Chicken Tenders Garden Salad Whole Kernel Corn Peaches & Berries Wheat Roll	26 Sausage & Cheese Biscuit Spaghetti & Meatsauce Spicy Chicken Sandwich Garden Salad Seasoned Green Beans Fresh Pineapple Chunks Garlic Roll	27 Turkey Ham & Cheese Croissant Beef & Cheese Nachos Garden Salad Seasoned Black Beans Mandarin Oranges	28 Chicken Biscuit Cheese Stuffed Breadsticks Breaded Chicken Sandwich Garden Salad Diced Carrots Mixed Fruit
31 Whole Wheat Cinnamon Roll Mini Corn Dogs Spicy Chicken Sandwich Garden Salad BBQ Baked Beans Sliced Peaches Wheat Roll				

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**
Grilled Chicken Caesar Salad