



OCTOBER 2020 HIGH SCHOOL BREAKFAST AND LUNCH MENU

HIGH SCHOOL BREAKFAST: Paid student meal \$1.25 // reduced student meal \$0.20 // adult/visitor meal \$2

HIGH SCHOOL LUNCH: Paid student meal \$2.50 // reduced student meal \$0.40 // adult/visitor meal \$3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Ham & Cheese Croissant Spaghetti & Meatballs Garden Salad Seasoned Green Beans Choice of Fruit Garlic Roll	2 Sausage & Cheese Kolache Pulled Pork BBQ Sandwich Garden Fresh Cucumbers Seasoned Pinto Beans Choice of Fruit
5 Whole Wheat Cinnamon Roll Cheese Stuffed Breadsticks Garden Salad Seasoned Pinto Beans Choice of Fruit	6 French Toast Beef Soft Tacos Garden Salad Roasted Corn Choice of Fruit	7 Sausage & Cheese English Muffin Chili Cheese Turkey Hot Dog Garden Salad Sweet Potato Fries Choice of Fruit	8 Chicken Biscuit Chicken Teriyaki w/ Stir Fried Rice Spicy Spinach Salad Stir Fried Vegetables Vegetable Egg Roll Choice of Fruit	9 Sausage & Cheese Croissant Chicken Chunks Cole Slaw Roasted Potato Wedges Choice of Fruit
12 Whole Wheat Cinnamon Roll Pulled Pork Baked Potato Garden Salad Seasoned Pinto Beans Garlic Breadsticks Choice of Fruit	13 Mini Pancakes Pork Carnitas Tacos Garden Salad Roasted Corn Choice of Fruit	14 Sausage & Cheese Biscuit Lasagna Rolls Diced Carrots Garden Salad Choice of Fruit Garlic Roll	15 Ham & Cheese Croissant Orange Chicken & Lo Mein Garden Salad Steamed Broccoli Choice of Fruit Vegetable Egg Roll	16 Sausage & Cheese Kolache Nachos Garden Salad Seasoned Black Beans Choice of Fruit
19 Whole Wheat Cinnamon Roll Steak Fingers Garden Salad Mashed Potatoes & Gravy Choice of Fruit Wheat Roll	20 Mini Pancakes Beef Soft Tacos Garden Salad Roasted Corn Choice of Fruit	21 Sausage & Cheese English Muffin Chicken Supreme Nachos Garden Salad Seasoned Black Beans Choice of Fruit	22 Chicken Biscuit Chicken Teriyaki w/ Stir Fried Rice Garden Salad Mixed Vegetables Vegetable Egg Roll Choice of Fruit	23 Sausage & Cheese Croissant Cheese Stuffed Breadsticks Diced Carrots Garden Salad Choice of Fruit
26 Whole Wheat Cinnamon Roll Chicken & Veggie Pot Stickers Baby Carrots Steamed Broccoli Choice of Fruit	27 Pancake & Turkey Sausage Minis Pork Carnitas Tacos Garden Salad Roasted Corn Choice of Fruit	28 Sausage & Cheese Biscuit Mac & Cheese Garden Salad Seasoned Peas Choice of Fruit	29 Ham & Cheese Croissant Spaghetti & Meatballs Garden Salad Seasoned Green Beans Choice of Fruit Garlic Roll	30 Sausage & Cheese Kolache Pulled Pork BBQ Sandwich Garden Fresh Cucumbers Seasoned Pinto Beans Choice of Fruit

This institution is an equal opportunity provider.

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

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

Fresh Entrée Salads

Grilled Chicken Caesar Salad served daily.