

# High School Lunch Menu October 2023

## Meal Price:

**Paid: \$3.50**

Adult Lunch Meal: \$5.09+tax

## More Info...

**Daily Milk Offerings:** 1% White, Fat Free White, Fat Free Chocolate (all antibiotic & hormone free)

**Daily Fruit Offerings:** Apple, Orange, Banana, 100% Apple Juice or 100% Fruit Punch

**Daily Vegetable Offerings:** Baby Carrots & Celery Sticks

## Available Daily:

- Boar's Head Deli Sandwich's
- Grilled Cheese Sandwich on WG Bread **V**
- Bagel Meal: Fresh NY-Style Bagel w/ 2 Cheese Sticks OR Yogurt **V**
- Nacho Bar
- Cheese Pizza **V**
- Pepperoni (P) Pizza

**Please Note:** (WG) denotes whole grain, (P) denotes item may contain pork, **V** denotes Vegetarian option, (\*) denotes item offered with WG dinner roll(s)

All deli sandwiches made with Boar's Head meats

**Grades K-12 are offer vs serve and must choose at least 3, up to 5, of the below mentioned items. One of the choices must be a fruit or vegetable.**

-Meat/Meat Alternate

-Vegetable

-Whole Grain Item

-Fruit

-Milk



This institution is an equal opportunity provider.

2

Pizza Crunchers  
Grape Tomatoes  
Fruit of the Day 🍎  
Milk of the Day

3

Mini Chicken Corn Dogs  
Roasted Zucchini  
Fruit of the Day 🍎  
Milk of the Day

4

**National Taco Day**  
Chicken Tacos w/ Lettuce,  
Tomatoes, Cheese, Sour  
Cream & Salsa  
Black Beans  
Fruit of the Day 🍎  
Milk of the Day

5

Hamburger or  
Cheeseburger  
Waffle Fries  
Fruit of the Day 🍎  
Milk of the Day

6

Chicken & Vegetables  
with Teriyaki Sauce 🍴  
Fried Rice  
Cucumber Coins  
Fruit of the Day 🍎  
Milk of the Day

9

## No School Summer Recess

10

Chicken or Cheese  
Quesadilla on Tortilla 🍴  
Black Beans  
Steamed Corn  
Fruit of the Day 🍎  
Milk of the Day

11

Pepperoni (P) or Cheese  
Calzone 🍴  
Cucumber & Tomato  
Salad  
Fruit of the Day 🍎  
Milk of the Day

12

Ham (P) & Swiss Melt on  
French Toast 🍴  
Broccoli  
Fruit of the Day 🍎  
Milk of the Day

13

Chicken Parmesan 🍴  
Red Pepper Strips  
Fruit of the Day 🍎  
Milk of the Day

16

Homemade Mac &  
Cheese\* 🍴  
Grape Tomatoes  
Fruit of the Day 🍎  
Milk of the Day

17

**National Pasta Day**  
Baked Ziti w/ Garlic  
Bread 🍴  
Roasted Zucchini  
Fruit of the Day 🍎  
Milk of the Day

18

Pizza Crunchers  
Steamed Spinach  
Fruit of the Day 🍎  
Milk of the Day

19

Bacon Cheeseburger  
Chickpea Salad  
Fruit of the Day 🍎  
Milk of the Day

20

BBQ Chicken & Cheddar  
Flatbread 🍴  
Cucumber Coins  
Fruit of the Day 🍎  
Milk of the Day

23

Beef or Cheese  
Quesadilla on Tortilla 🍴  
Black Beans  
Fruit of the Day 🍎  
Milk of the Day

24

Pizza Chicken Meatball  
Sub Melt 🍴  
Broccoli  
Fruit of the Day 🍎  
Milk of the Day

25

Philly Cheesesteak on  
WG Sub 🍴  
Waffle Fries  
Spinach Salad  
Fruit of the Day 🍎  
Milk of the Day

26

Homemade Mac &  
Cheese\* 🍴  
Cucumber Coins  
Fruit of the Day 🍎  
Milk of the Day

27

**National Potato Day**  
Fully Loaded Pizza w/  
Chicken and Fries  
Steamed Green Beans  
Fruit of the Day 🍎  
Milk of the Day

30

Pizza Crunchers  
Grape Tomatoes  
Fruit of the Day 🍎  
Milk of the Day

31

Ham (P) & Cheese  
Melt 🍴  
Roasted Cauliflower  
Fruit of the Day 🍎  
Milk of the Day

## National Apple Month



**Made to order  
Salad Bar  
available every  
Tuesday &  
Thursday!**

🍎 Indicates a fresh produce.  
🍴 Denotes item prepared  
from scratch or speed scratch.