



# High School Lunch Menu

October 2017

**2**  
**Spaghetti&Meatballs w/Garlic Bread**  
 "Top Your Own" Burger/Chicken  
 Chicken Parmesan Pizza  
 Tropical Chicken Salad w/breadstick

*side items*

**Turkey Sandwich**  
 Green Beans, Broccoli, Apple Slices,  
 Diced Peaches, Orange Juice

**3**  
**Meatloaf w/gravy**  
 "Top Your Own" Burger/Chicken  
 Meatball Pizza  
 All American Cobb Salad w/flatbread

*side items*

**Buffalo Chicken Wrap**  
 Mashed Potatoes, Celery & Carrot  
 Strips, Banana, Diced Peaches, Apple  
 Juice

**4**  
**Grilled Cheese & Tomato Soup**  
 "Top Your Own" Burger/Chicken  
 Buffalo Chicken Pizza  
 Chicken Caesar Salad w/ breadstick

*side items*

**Turkey, Bacon & Herb Mayo Sub**  
 Roasted Balsamic Veggies, Baby  
 Carrots, Cantaloupe, Mixed Fruit,  
 Grape Juice

**5**  
**Meatball Parmesan Sub**  
 "Top Your Own" Burger/Chicken  
 Hawaiian Pizza  
 Turkey Chef Salad w/breadstick

*side items*

**Roast Beef & Swiss Sub**  
 French Fries, SW Veggie Salad, Red  
 Grapes, Raisins, Fruit Juice

**6**  
**Sweet & Sour Chicken**  
 "Top Your Own" Burger/Chicken  
 Meatlover Pizza  
 Greek Chicken Salad w/breadstick

*side items*

**Ranch Chicken Wrap**  
 Veggie Egg Roll, Red Pepper Strips,  
 Pears, Applesauce, Apple Juice

**9**  
**COLUMBUS DAY!!**  
**SCHOOL CLOSED**

*side items*

**10 Fuel**  
**\*\*Chick N' Cheese Griller**  
 "Top Your Own" Burger/Chicken  
 Chicken Bruschetta Flatbread  
 Apple Yogurt & Cheese Plate

**Turkey Wrap**  
 Green Beans & Carrots, Red Pepper  
 Strips, Banana, Diced Peaches, Apple  
 Juice

**11 Fuel**  
**\*\*Chick N' Cheese Griller**  
 "Top Your Own" Burger/Chicken  
 Sausage Pizza  
 Chicken Caesar Salad w/ breadstick

**Egg Salad Sub**  
 Peas, Celery Sticks, Cantaloupe, Diced  
 Pears, Grape Juice

**12 Fuel**  
**\*\*Chick N' Cheese Griller**  
 "Top Your Own" Burger/Chicken  
 Buffalo Chicken Pizza  
 All American Chef Salad w/breadstick

**Buffalo Chicken Wrap**  
 Sweet Potato Tots, Three Bean Salad,  
 Red Grapes, Applesauce, Fruit Juice

**13 Fuel**  
**\*\*Chick N' Cheese Griller**  
 "Top Your Own" Burger/Chicken  
 Mexican Pizza  
 Egg Chef Salad w/ breadstick

**Turkey & Cheese BaBoom Sub**  
 Broccoli, Sliced Cucumber, Pear,  
 Raisins, Apple Juice

**16 Fuel**  
**\*\*Steak N' Cheese Griller**  
 "Top Your Own" Burger/Chicken  
 Meatlovers  
 All American Cobb Salad w/flatbread

**Santa Fe Turkey Wrap**  
 Campfire Pinto Beans, Three Bean  
 Salad, Apple Slices, Mandarin  
 Oranges, Orange Juice

**17 Fuel**  
**\*\*Steak N' Cheese Griller**  
 "Top Your Own" Burger/Chicken  
 Philly Cheesesteak Pizza  
 Winter Fruit & Cheese Plate w/cinn.  
 Crisps

**Egg Salad Sub**  
 Sweet Potato Fries, Baby Carrots,  
 Banana, Mixed Fruit, Apple Juice

**18 Fuel**  
**\*\*Steak N' Cheese Griller**  
 "Top Your Own" Burger/Chicken  
 BBQ Chicken Pizza  
 Beef Taco Salad w/breadstick

**Tuna Salad Sub**  
 Peas & Carrots, Sliced Cucumber,  
 Honeydew, Diced Peaches, Grape  
 Juice

**19 Fuel**  
**\*\*Steak N' Cheese Griller**  
 "Top Your Own" Burger/Chicken  
 Chili Lime & Beef Pizza  
 Chicken Ham Chef Salad w/flatbread

**Turkey & American Wrap**  
 Roasted Brussel Sprouts, Tomato  
 Wedges, Red Grapes, Diced Pears,  
 Fruit Juice

**20 Fuel**  
**\*\*Steak N' Cheese Griller**  
 "Top Your Own" Burger/Chicken  
 Buffalo Chicken Pizza  
 Ranch Chicken Salad w/breadstick

**Chicken Salad Sub**  
 Fries, Celery Sticks, Pear, Applesauce,  
 Apple Juice

**23**  
**Pizza Sticks w/marinara**  
 "Top Your Own" Burger/Chicken  
 Cheeseburger Pizza  
 Tropical Chicken Salad w/breadstick

*side items*

**Curried Chicken Salad Sub**  
 Orange Glazed Carrots, Sliced  
 Cucumber, Apple Slices, Diced Pears,  
 Orange Juice

**24**  
**Chili Mac**  
 "Top Your Own" Burger/Chicken  
 White Pizza w/Sausage  
 Hummus & Veggie Plate

*side items*

**Ranch Chicken Wrap**  
 Collard Greens, Red Pepper Strips,  
 Banana, Applesauce, Apple Juice

**25**  
**Orange Popcorn Chicken w/fried rice**  
 "Top Your Own" Burger/Chicken  
 Sweet & Spicy Chicken Ham Pizza  
 Crispy Chicken Caesar Salad  
 w/breadstick

*side items*

**Chicken Ham & Provolone Muffuletta**  
 Stir Fried Veggies, Asian Broccoli  
 Salad, Cantaloupe, Raisins, Grape  
 Juice

**26**  
**Roast Turkey w/stuffing**  
 "Top Your Own" Burger/Chicken  
 Chicken Mac & Cheese Pizza  
 Turkey Chef Salad w/breadstick

*side items*

**Chicken Ranch Club Flatbread**  
 Sweet Potatoes, Green Beans, Baby  
 Carrots, Red Grapes, Mixed Fruit, Fruit  
 Juice

**27**  
**NO LUNCH SERVED**

*side items*

**30**  
**Chicken Enchilada**  
 "Top Your Own" Burger/Chicken  
 Chipotle BBQ Chicken Flatbread  
 Popcorn Chicken Salad w/breadstick

*side items*

**Turkey Caesar Wrap**  
 Rice & Corn Salad, Celery Sticks,  
 Apple Slices, Applesauce, Orange  
 Juice

**31 Halloween**  
**Chili Cheese Hot Dog**  
 "Top Your Own" Burger/Chicken  
 Sausage Pizza  
 Chicken Caesar Salad w/ breadstick

**Roast Beef & Cheddar Wap**  
 Baked Beans, Grape Tomatoes,  
 Banana, Mandarin Oranges, Apple  
 Juice

**1**

*side items*

**2**

*side items*

**3**

*side items*

**SAVE TIME!!**  
 We accept Checks/Credit/Debit Cards online!!  
[www.myschoolbucks.com](http://www.myschoolbucks.com)

Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

*Nutritional Messages may vary by school.*

This institution is an equal opportunity provider.

**Paid \$2.80 Reduced \$.40 Faculty \$3.70**

**Daily Menu Specials**

Pizza (Pepperoni & Cheese) available Daily!!  
 \*\*Menus are subject to change



**Fruit & Veggies**

Make it a meal! An entree, milk, fruit & veggie



**Milk Choices**

1% White, Skim White, Skim Chocolate

