

2024 OCTOBER

High School Menu
Free Meals for All Students

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Did you know the food service department is looking for substitute staff? Applications are available at school.

1
Homemade Chicken and Cheese Quesadilla
Refried Beans w/ Scoops
Seasoned Corn
Fresh Fruit

2
Chicken Alfredo w/ Garlic Bread Stick
Tossed Salad w/ Dressing
Cherry Tomatoes w/ Dip
Assorted Fruit

3
Brunch for Lunch
French Toast Sticks w/ Syrup
Hash Brown Rounds
100% Vegetable Juice Cup
Fresh Fruit

4
Pizza Dippers w/ Sauce

Tossed Salad w/ Dressing
Fresh Broccoli Bites w/ Dip
Fresh Fruit

7
Pulled Pork Sandwich

BBQ Baked Beans
Sweet Potato Wedges
Assorted Fruits

8
Turkey and Cheese Pretzel Melt
Baby Carrots w/ Dip
Smile Fries
Fresh Fruit
Mini Rice Krispy Treat

9
Cheese or Pepperoni Calzone w/ Sauce
Tossed Salad w/ Dressing
Green Pepper Strips w/ Dipping Sauce
Assorted Fruits

10
Shrimp Poppers w/ Breadstick

Potato Gems
Homemade Coleslaw
Fresh Fruit

11

½ Day
No Lunch

14
Indigenous Peoples Day
Columbus Day

15
Pizza Crunchers w/ Marinara Sauce

Tossed Salad w/ Dressing
Cucumber Slices
Fresh Fruit

16
Chicken & Waffles w/ Syrup

Hash Brown Rounds
100% Vegetable/Fruit Juice
Assorted Fruits

17
Deli Day
Turkey, Tuna or Ham Sub w/ Lettuce, Tomato, Pickle & Dorito's
Pasta Salad w/ Veggies
Baby Carrots w/ Dip
Fresh Fruit

18
Homemade Sloppy Joe Sandwich
Tossed Salad w/ Dressing
Steamed Broccoli
Fresh Fruit

21
Mini Pizza Bagels

Tossed Salad w/ Dressing
Baby Carrots w/ Dip
Assorted Fruits

22
Orange Chicken over Whole Grain Fried Rice
Vegetable Egg Roll
Steamed Broccoli
Fresh Fruits

23
Soft Beef Taco w/ Lettuce, Cheese and Salsa

Refried Beans
Seasoned Corn
Assorted Fruits

24
Meatloaf Slice w/ Gravy & Biscuit
Mashed Potatoes
Seasoned Carrot Coins
Fresh Fruit

25
Cheeseburger Deluxe

Tossed Salad w/ Dressing
Fresh Broccoli Bites w/ Dip
Fresh Fruit

28
BBQ Rib Sandwich

Potato Gems
Baked Beans
Assorted Fruits

29
Chicken Parm. Sandwich

Tossed Salad w/ Dressing
Steamed Beans
Fresh Fruit

30
Toasted Cheese Sandwich

Tomato Soup w/ Goldfish Crackers
Baby Carrots w/ Dip
Assorted Fruits

31
½ Day
No Lunch

Available Daily:
PBJ Sandwich's, Pizza, Chef Salads, Assorted Sandwich's and The Yogurt Meal.