

Guidelines for secondary students: milk, vegetables, fruit or 100% juices are offered at every meal; cereal, milk and 100% fruit juices available every morning.

OCTOBER 2017

High School

*Daily Selection of Entrees: Pizza, Entrée Salads, Assorted Deli Sandwiches, Yogurt, Choice of Fresh Fruits and Steamed Vegetables

Monday

Grab 'N Go Breakfast **2**
Lasagna
Dinner Roll
Steamed Broccoli

Alt: Daily Selection of Entrees*

Teacher's In-Service **9**
No School



Grab 'N Go Breakfast **16**
Chicken Patty on WG Roll
Spinach Salad
French Fries

Alt: Daily Selection of Entrees*

Grab 'N Go Breakfast **23**
Pork, Sauerkraut
Mashed Potatoes, Applesauce
Dinner Roll

Alt: Daily Selection of Entrees*

Grab 'N Go Breakfast **30**
Cheesesteak
Veggie Mix
Waffle Fries

Alt: Daily Selection of Entrees*

Tuesday

Grab 'N Go Breakfast **3**
Chicken Nuggets w/Sauce
Baked Beans
Pasta Salad

Alt: Daily Selection of Entrees*

Grab 'N Go Breakfast **10**
French Toast Stix
Sausage Patty
Tator Tots

Alt: Daily Selection of Entrees*

Grab 'N Go Breakfast **17**
Cheesburger on WG Roll
Steamed Carrots
Onion Rings

Alt: Daily Selection of Entrees*

Grab 'N Go Breakfast **24**
Chicken Fries
Baked Beans, Cucumber Stix
Soft Pretzel

Alt: Daily Selection of Entrees*

Grab 'N Go Breakfast **31**
Goblin Spaghetti w/Meatballs
Green Beans, Bread & Butter
Spooky Ice Cream Sundae

Alt: Daily Selection of Entrees*

Wednesday

Grab 'N Go Breakfast **4**
Ham & Cheese Melt on
Pretzel Roll, Baked Chips
Steamed Zucchini

Alt: Daily Selection of Entrees*

Grab 'N Go Breakfast **11**
Pork BBQ w/Cheddar Cheese
Creamed Cabbage
Rosemary Garlic Red Potatoes

Alt: Daily Selection of Entrees*

Grab 'N Go Breakfast **18**
Grilled BBQ Chicken
Pierogies, Baked Beans
Applesauce

Alt: Daily Selection of Entrees*

Grab 'N Go Breakfast **25**
Hot Dog on WG Roll
Macaroni & Cheese
Stewed Tomatoes

Alt: Daily Selection of Entrees*

Thursday

Grab 'N Go Breakfast **5**
California Cheeseburger
Crispy Fries
Sweet Corn

Alt: Daily Selection of Entrees*

Grab 'N Go Breakfast **12**
Bulldog Bowl
Popcorn Chicken, Corn,
Mashed Potatoes

Alt: Daily Selection of Entrees*

Grab 'N Go Breakfast **19**
Nachos Grande
w/Lettuce, Tomatoes,
Cheese, Green Beans

Alt: Daily Selection of Entrees*

Grab 'N Go Breakfast **26**
Bulldog Bowl
Popcorn Chicken, Corn,
Mashed Potatoes

Alt: Daily Selection of Entrees*

Friday

Grab 'N Go Breakfast **6**
Tailgate / Homecoming Party
Chicken Cheese Quesadilla
w/Salsa & Sour Cream
Carrots/Celery w/Dip
Ice Cream Treat
Alt: Buffalo Chicken Pizza

Grab 'N Go Breakfast **13**
Corn Dog, Baked Beans
Cucumbers, Carrots, Broccoli
with Dip

Alt: Daily Selection of Entrees*

Grab 'N Go Breakfast **20**
Chicken Alfredo
Sweet Peas
Bread Stick

Alt: Daily Selection of Entrees*

Grab 'N Go Breakfast **27**
Meatball Parmesan on WG Roll
Steamed Broccoli
Side of Pasta

Alt: Daily Selection of Entrees*

Included with all meals is a choice of:
Fruit, Juice or Milk

Breakfast: \$1.95
Lunch: \$2.80

Reduced Breakfast: \$0.30
Reduced Lunch: \$0.40

MENU IS SUBJECT TO AVAILABILITY AND CHANGE WITHOUT NOTICE