

OCTOBER 2021

High School & Junior High

Breakfast and Lunch

Monday

BREAKFAST Includes:

Fruit and/or Fruit Juice

Milk

LUNCH includes:

Milk

Tuesday

Wednesday

Thursday

Friday

Cereal & Yogurt

4

Hamburger Pony Shoe
Chicken Tenders
Green Beans
Diced Peaches or Mixed Fruit

Mini Pancakes

5

Taco Stuffed Potato
w/Chips & Salsa
Pizza
Romain Salad
Pineapple Tidbits or Diced Pears

Scrambled Eggs & Toast

6

BBQ Chicken Sandwich
Chicken Tenders
Broccoli & Cheese
Mandarin Oranges or Fresh Apple

French Toast Sticks

7

Chicken Nuggets w/ Mac & Cheese
Pizza
Glazed Carrots
Mixed Fruit or Diced Peaches

Breakfast Combo Bar

1

Italian Meatloaf Stacker
Pizza
Corn
Diced Pears or Mandarin Oranges

No School

11

Mini Donut

12

Salisbury Steak w/ Roll
Chicken Patty Sandwich
Mashed Potatoes & Gravy
Apple Sauce or Pineapple Tidbits

Cheese Omelet & Biscuit

13

Beef Nachos
Pizza
Corn
Mixed Fruit or Diced Peaches

Breakfast Pizza

14

Breaded Drumstick
w/ Buffalo Mac & Cheese
Chicken Patty Sandwich
Baked Beans
Fresh Orange or Diced Pears
Cookie

Scrambled Egg & Toast

15

Meatball Sub Sandwich
Pizza
Tossed Salad
Pineapple Tidbits or Fresh Apple

Cereal & Yogurt

18

Corn Dog
Pizza
Green Beans
Fresh Apple or Mandarin Oranges

French Toast Sticks

19

Chicken Alfredo w/Breadstick
Popcorn Chicken
Romain Salad
Mixed Fruit or Pineapple Tidbits
Breadstick

Breakfast Combo Bar

20

Honey Sriracha Chicken Po'Boy
Pizza
Baked Beans
Mandarin Oranges or Apple Sauce

Pancake on a Stick

21

Pork Fritter
Popcorn Chicken
Mashed Potatoes w/Gravy
Diced Peaches or Mixed Fruit

Biscuit & Gravy

22

Chicken & Noodles
w/Toasted Cheese
Pizza
Corn
Baked Apples or Diced Pears

Cereal & Yogurt

25

Cheeseburger
Chicken Patty
Tator Tots
Apple Sauce or Fresh Orange

Pancakes

26

Mini Corn Dogs
Pizza
Green Beans
Diced Peaches or Fresh Apple

Breakfast Pizza

27

Italian Dunkers
Chicken Patty Sandwich
Tossed Salad
Mixed Fruit or Mandarin Oranges

Waffle

28

BBQ Riblet Sandwich
Pizza
Baked Beans
Pineapple Tidbits or Apple Sauce
Cookie

Early Dismissal 11:45
No Lunch

29