

October 2016

Jr - Sr High School

LUNCH

October is National School Lunch Week watch for drawings and prizes in the cafeteria.

USDA is an Equal Opportunity Provider and Employer

Menu Information: Deli Sandwiches, Chef Salad, and Yogurt/Cheese offered Daily. (##) denotes carb counts in serving size for that menu item will include any items that is always served together. Cold Deli Sandwiches served on Sub Bun: Turkey/Cheese or Ham/Cheese or Hoagie (Turkey/Ham/Cheese) Sandwich (30) Chicken Salad (34) or Tuna Salad (30) Chef Salad is served each day w/ Bread & Croutons (29) Yogurt/Cheese is served each day w/ Bread & Granola(47)

Monday

Breaded Pork on Bun (42) or Hamburger on Bun (33) **3**

Broccoli w/Cheese (5)

Tuesday

NATIONAL TACO DAY
Soft Shell Taco (7-8 (25) (9-12 (32) or Roasted Chicken on Bun(33) **4**

Refried Beans (23)

Wednesday

Popcorn Chicken (13) w/HMD Bread(17) or Jeff Rib on Bun (38) **5**

Cole Slaw (11)

Thursday

Fiestada (38) or Ham & Cheese Wrap (25) **6**

Corn (16)

Friday

Chili (21) w/HMD Cinnamon Roll(40) & Crackers (14) or Cheeseburger on Bun (33) **7**

Fresh Veggies

Sausage Patty (0) w/Pancakes(27) & Syrup(30) or Chicken/Cheese Flatbread(25) **10**

Tater Tots (20)

Meatball Sub (38) or BBQ Chicken Sandwich(40) **11**

Roasted Seasoned Carrots (5)

Chicken Alfredo Pizza(40) or Hamburger on Bun (33) **12**

Green Peas (11)

Chicken Tetrazinni (35) w/HMD Bread(17) or Jeff Rib on Bun (38) **13**

Mixed Vegetables (12)

Mini Corn Dogs 7-8(33) 9-12(38) or Pulled Pork on Bun (31) **14**

Baked Beans (29)

Chicken Fajita (22) or Roasted Chicken on Bun (33) **17**

Refried Beans (23)

Spaghetti Sauce (9) w/Rotini(42) & Breadstick (17) or Cheeseburger on Bun (33) **18**

Fresh Veggies

Oven Fried Chicken(11) w/HMD Bread(17) or Jeff Rib on Bun (38) **19**

Mashed Potatoes(20) Gravy(4)

NO SCHOOL **20**

PARENT-TEACHER CONFERENCES

NO SCHOOL **21**

FALL BREAK

Teriyaki Chicken(21) w/ Seasoned Rice(24) & Egg Roll (22) or Ham & Cheese Flatbread(28) **24**

Fresh Veggies

Cheeseburger on Bun (33) or BBQ Chicken on Bun (40) **25**

Seasoned Fries (25)

NATIONAL PUMPKIN DAY
Macho Nacho 7-8(24) 9-12(40)or Hamburger on Bun (40) **26**

Refried Beans (23)
Pumpkin Bar (28)

HMD Cheese Pizza (36) or Jeff Rib on Bun (38) **27**

Corn (16)

Blue Valley Brand Hot Dog on Bun (35) or Chicken/Cheese Flatbread(25) **28**

Green Bean Casserole (8)

Hamburger Gravy (5) w/ Breadstick (17 each) or Roasted Chicken on Bun (33) **31**

Mashed Potatoes (20)

**All meals are served with Fruit/Vegetable Bar and Milk.
All grain items served are whole grain rich.**

**Jr-Sr. High Lunch Price \$2.85
Extra Entree \$2.00
Side of Fruit or Vegetable \$.50
Chips or Cereal Bar \$.75
Extra Milk \$.40**

