



# OCTOBER 2018

Jr. – Sr. High School

Jr-Sr High Lunch Price \$3.00 ---  
Extra Entree \$2.00  
Side of Fruit or Vegetable \$ .50  
Chips or Cereal Bar \$ .75  
Extra Milk Carton \$ .50

## Monday

Crispy Chicken on Bun (45) or  
Meatball Sub (35) **1**

Broccoli w/Cheese (5)

BBQ Chicken on Bun (46) or  
Pulled Pork on Bun (33) **8**

Cowboy Beans (23)

Cheeseburger on Bun (33) or  
Jeff Rib on Sub Bun (38) **15**

Potato Smiles (20)

Chicken Strips (16)  
w/HMD Bread (17) or  
Jeff Rib on Sub Bun (38) **22**

Broccoli w/Cheese (5)

Mini Corndogs (34) or  
Cheeseburger on Bun (33) **29**

Green Peas (11)

## Tuesday

Teriyaki Chicken (21)  
w/Seasoned Rice (24) &  
Egg Roll (22) or  
Jeff Rib on Sub Bun (38) **2**

Asian Green Beans (7)

**Chicken Fajita Bowl (24)** **9**  
(Fajita seasoned chicken over chicken  
infused rice topped w/shredded cheese)  
**Hamburger on Bun (33)**

Roasted Fajita Style Vegetables (4)  
CinnaJohn (19)

Macho Nacho  
(7-8 (24) (9-12 (40) or  
Ham & Cheese Flatbread (29) **16**

Refried Beans (23)

Stuffed Crust  
Cheese Pizza (35) or  
BBQ Chicken on Bun (34) **23**

Corn (16)

Popcorn Chicken (13)  
w/HMD Bread (17) or  
Pulled Pork on Bun (33) **30**

Loaded Mashed Potatoes (20)

## Wednesday

HMD Cheese Pizza (35) or  
Mushroom/Cheese  
Chicken Sandwich (35) **3**

Corn (16)

Breaded Pork Patty (11)  
w/HMD Bread (17) or  
Chicken/Cheese Flatbread (29) **10**

Mashed Potatoes (14) Gravy (4)

Sausage Patty (0)  
w/Pancakes (27) & Syrup(30) or  
Mushroom/Cheese  
Chicken Sandwich (35) **17**

Tater Tots (20)

**Western Flatbread (40)** **24**  
(A delightful mix of beef and pork a  
little bit spicy and sweet topped with  
cheese on a warm flatbread) or  
**Hamburger on Bun (33)**

Green Beans (4)

Chicken Enchilada  
Walking Taco (26) or  
Ham & Cheese Flatbread (29) **31**

Cowboy Black Bean Salsa (13)

## Thursday

Chicken/Cheese  
Enchilada (25) w/Mexi-Rice(13)  
Sloppy Philly on Bun (31) **4**

Refried Beans (23)

Fiestada Pizza (38) or  
Roasted Chicken on Bun (33) **11**

Corn (16)

Chicken Tetrazinni (25)  
w/HMD Bread (17) or  
Cheeseburger on Bun (33) **18**

Mixed Vegetables (12)

Fried Chicken Drumstick  
(7-8 (5) (9-12 (10)  
w/HMD Bread (17) or  
Pulled Pork on Bun (33) **25**

Cheesy Scalloped Potatoes (20)

## Friday

**NATIONAL SMILE DAY** **5**  
Blue Valley Brand  
Hot Dog on Bun (34) or  
Cheeseburger on Bun (33)  
Potato Smiles (20)  
Apple Crisp (32)

HMD Chili (20) **12**  
w/HMD Cinnamon Roll(41) &  
Crackers (5ea.) or  
Hot Dog on Bun (34)

Fresh Veggies

**NO SCHOOL**

**Cheeseburger Pocket (35)** **26**  
(Beef, cheese, ketchup and a hint of  
mustard, dill pickle & onion --All the  
goodness of a cheeseburger wrapped  
in soft HMD bread)

**Roasted Chicken on Bun (33)**  
Baked Beans (29)

**Menu Information:** Assorted Variety Deli Sandwiches, Chef Salad, and  
Yogurt/Cheese offered Daily. Deli Sandwich on Sub Bun (30) Chicken Salad on Sub  
Bun (34) or Tuna Salad on Sub Bun (30) Chef Salad is served each day w/ Bread Stick  
& Croutons (32) Yogurt/Cheese is served each day w/ Bread Stick & Granola (49)

(##) denotes carb counts in the serving size for that menu item with all its components.