

Made-from-scratch, wholesome meals

Produce fresh from local, organic farms where possible

Meets and exceeds USDA School Meal requirements

Meals crafted by true chefs & nutrition experts

FRESH
FOOD
FACTOR

October High School Lunch Menu

Choice of 1% White Milk or Non Fat Chocolate Milk Served Daily With All Lunches

	<p>1</p> <p>Hamburger Helper, WG Biscuit</p> <p>Honey Mustard Chicken Sandwich</p> <p>Chicken Salad Sandwich</p> <p>Steamed Corn, Green Beans</p>	<p>2</p> <p>Stewed Chicken Thigh w/ Gravy, Brown Rice</p> <p>Hamburger w/ Lettuce, Tom & Pickles</p> <p>Garden Salad w/ Ham</p> <p>Mixed Salad w/ Carrots, Italian Dressing</p>	<p>3</p> <p>Turkey Nachos</p> <p>Cheese Burger</p> <p>Chicken Parm Panini</p> <p>Cheese, Lettuce, Pinto Beans, Salsa</p>	<p>4</p> <p>Pepperoni Pizza,</p> <p>Turkey and Cheese on Ciabatta</p> <p>Southwest Salad</p> <p>Mixed Salad w/ Carrots, Italian Dressing, Steamed Corn</p>
<p>7</p> <p>White Beans and Rice & Cornbread</p> <p>Cheese Pizza</p> <p>California Salad</p> <p>Seasoned Green Beans</p>	<p>8</p> <p>Chili w/ Cheese, Brown Rice</p> <p>Chicken Ranch Sandwich</p> <p>Hot Dog w/ Chili</p> <p>Steamed Corn, Sour Cream, WG Biscuit</p>	<p>9</p> <p>Oven Fried Chicken, WG Biscuit</p> <p>Pepperoni Pizza</p> <p>Chicken Ranch Wrap</p> <p>Tator Tots, Steamed Broccoli</p>	<p>10</p> <p>Turkey Tacos</p> <p>Honey Mustard Chicken Sandwich</p> <p>Meatball Sub on Ciabatta</p> <p>Cheese, Lettuce, Steamed Corn, Salsa, Mexican Rice</p>	<p>11</p> <p>Hot Dog w/ Chili and Cheese</p> <p>Turkey and Cheese on Ciabatta</p> <p>Southwest Salad</p> <p>French Fries w/ Ketchup</p>
<p>14</p> <p>Meatball Marinara Ciabatta</p> <p>Chicken Ranch Sandwich</p> <p>Baked Potato w/ Chili & Sour Cream</p> <p>Seasoned Corn</p>	<p>15</p> <p>Chicken Tenders</p> <p>Turkey & Cheese Panini</p> <p>Garden Salad w/ Ham</p> <p>Potato Wedges w/ Ketchup, Baby Carrots w/ Ranch Dressing, WG Biscuit</p>	<p>16</p> <p>BBQ Chicken Thigh, Mac and Cheese</p> <p>Hamburger w/ Lettuce, Tom & Pickles</p> <p>Hot Dog w/Chili</p> <p>BBQ Baked Beans, Seasoned Green Beans, WG Biscuit</p>	<p>17</p> <p>Spaghetti and Meat Sauce, Garlic Bread</p> <p>Honey Mustard Chicken Sandwich</p> <p>Chicken Parm Panini</p> <p>Steamed Broccoli</p>	<p>18</p> <p>Gumbo w/ Chicken and Turkey Sausage</p> <p>Pepperoni Pizza</p> <p>Buffalo Chicken Wrapi</p> <p>Brown Rice, Mixed Salad w/ Tomatoes, Italian Dressing, Crackers</p>
<p>21</p> <p>Red Beans and Rice, Cornbread</p> <p>Cheese Pizza</p> <p>California Salad</p> <p>Baby Carrots w/ Ranch Dressing</p>	<p>22</p> <p>Hamburger</p> <p>Turkey and Cheese Panini</p> <p>Chicken Ranch Wrap</p> <p>Lettuce, Tomato, Pickle, French Fries, Ketchup, Steamed Broccoli</p>	<p>23</p> <p>Herb Roasted Chicken w/ Brown Rice and Gravy, WG Biscuit</p> <p>Hamburger, Lettuce, Tomato, Pickle</p> <p>Hot dog w/ Chili and Cheese</p> <p>Seasoned Peas, Mixed Salad w/ Carrots, Italian Dressing</p>	<p>24</p> <p>Frito Pie Chili</p> <p>BBQ Chicken Sandwich</p> <p>Meatball Sub on Ciabatta</p> <p>Chips, Cheese, Lettuce, Sour Cream, Salsa</p>	<p>25</p> <p>Lasagna w/ Garlic Breadstick,</p> <p>Pepperoni Pizza</p> <p>Chicken Caesar Salad</p> <p>Seasoned Green Beans</p>
<p>28</p> <p>Spaghetti and Meatballs, Garlic Bread Stick</p> <p>Honey Mustard Chicken Sandwich</p> <p>Chicken Salad Sandwich</p> <p>Steamed Corn, Green Beans</p>	<p>29</p> <p>BBQ Chicken Sandwich</p> <p>Turkey and Cheese Melt on Ciabatta</p> <p>Southwest Salad</p> <p>Tator Tots w/ Ketchup, Baked Beans</p>	<p>30</p> <p>Salisbury Steak w/ Onion Gravy, Brown Rice, Biscuit</p> <p>Cheese Burger</p> <p>Chicken Salad Sandwich</p> <p>Seasoned Green Beans, Steamed Broccoli,</p>	<p>31</p> <p>Cheeseburger Mac</p> <p>Hamburger w/ Lettuce, Tom & Pickles</p> <p>Hot Dog w/Chili</p> <p>Carrots w/ Ranch Dressing, Steamed Corn</p>	<p>Fresh Fruit Served Daily With All Lunches</p>