




High School October 2022 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breaded Chicken Tenders Corn Bread Loaf Mixed Greens Pinto Beans Blushing Pears Choice of Milk	4 Honey Sriracha Chicken Steamed Rice Steamed Carrots Chef's Choice Veggies Pineapple Tidbits and Mandarin Orange Sections Choice of Milk	5 Chicken Alfredo Bread Stick Steamed Broccoli Chef's Choice Veggie Strawberry Applesauce Choice of Milk	6 Nachos with Three-Bean Chili Served with Shredded Cheddar Cheese Mixed Vegetables Mixed Fruit Choice of Milk	7 Managers Choice or Meatball Sub Seasoned Fries Chef's Choice Veggies Fresh Apple Dinner Roll Choice of Milk
10 Salisbury Steak with Gravy Mashed Potato Broccoli & Carrots Dinner Roll Chilled Peaches Choice of Milk	11 Tachos - Turkey Taco Meat, Potato Wedges, Cheese Cilantro Lime Rice Seasoned Pinto Beans Peaches & Pears Choice of Milk Sour Cream	12 Brunch for Lunch - Chicken Tenders and Waffles with Syrup Sweet Potato Tater Tots Hot Cinnamon Apples Choice of Milk	13 Tangerine Chicken with Brown Rice Steamed Broccoli Chilled Pineapple Choice of Milk	14 Managers Choice or Chicken Philly Green Bean Medley Chef's Choice Veggie Fresh Apple Wedges Choice of Milk
17 Hot & Spicy Chicken Tenders Dinner Roll Seasoned Fries Green Beans Chilled Peaches Choice of Milk	18 Tacos - Taco Meat, Hard Shell or Soft Tortillas, Shredded Lettuce, Cheese & Salsa Refried Beans Chef's Choice Vegetables Fresh Apple Wedges Choice of Milk Taco Sauce	19 Pasta with Meat Sauce Breadstick California Blend Green Beans Cinnamon Applesauce Choice of Milk	20 Cheeseburger on a WG Bun Broccoli Chef's Choice Vegetables Chilled Mixed Fruit Choice of Milk	21 Conference Day No Students
24 General Tso's Chicken with Brown Rice Steamed Broccoli Chilled Pineapple Choice of Milk	25 Walking Tacos with Spicy Turkey or Taco Salad Mixed Vegetables Cinnamon Applesauce Choice of Milk Taco Sauce Sour Cream	26 Spicy Chicken Po'Boy on WG Sub Bun Sweet Potato Fries Chef's Choice Veggies Peaches Choice of Milk	27 Salisbury Steak with Gravy Mashed Potatoes Green Beans Dinner Roll Chilled Pears Choice of Milk	28 Managers Choice or Chicken Nuggets WG Biscuit Homemade Baked Beans Chef's Choice Veggies Mixed Fruit Choice of Milk Barbeque Sauce
31 Coney Dog Sweet Potato Rib Fries Chef's Choice Vegetables Blushing Pears Choice of Milk				

* This item may contain pork.

ALL MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE
This institution is an equal opportunity provider.