



**October 2018 High School Lunch Menu**  
 Student Meal \$2.50 / Reduced Meal \$0.40 / Adult Meal \$3.50



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>October 1 - 5</b>	Fried Chicken with Garlic Knot Parmesan Crusted Fish with Garlic Knot Yogurt, Cheese, & Fruit Plate Pizza Option  Savannah Red Rice Collard Greens Twice Baked Potatoes Pineapple Cup Fresh Grapefruit Wedges	Shakin' Bacon Chicken Sandwich Lasagna with Garlic Toast Ham & Cheese Sub Pizza Option  Baby Carrots with Ranch French Fries Sliced Peaches 100% Fruit Juice Fresh Baked Sugar Cookie	Chicken Pot Pie Spicy Pork Sandwich Egg & Cheese Chef Salad with Breadstick Pizza Option  Green Beans Baked Sweet Potato w/Cinnamon Butter Cinnamon Apples with Cranberries Pears & Cherries	Chick 'N Waffles Fajita Glazed Fish Taco Turkey & Cranberry Chef Salad Pizza Option Tostitos Scoops Cheesy Bean Dip Okra & Tomatoes Fruit Cocktail Applesauce	<b>STAFF PLANNING DAY</b>
<b>October 8 - 12</b>	Chicken Broccoli Alfredo with Garlic Toast Cheeseburger on Bun Ham & Cheese Chef Salad with Garlic Toast Pizza Option  Tomato Basil Zucchini Cherry Tomato & Corn Salad Limeade Fruit Salad Pear Cup	Nachos Con Queso Quesadilla Turkey & Cheese Wrap Pizza Option  Mexican Rice Ranch Beans Buffalo Cauliflower Bites Fresh Apples 100% Fruit Juice	Macaroni & Ham Casserole with Breadstick Spicy Chicken Swirl Sandwich Fajita Chicken Chef Salad with Breadstick Pizza Option  Carrot Soufflé Mixed Vegetables Fresh Pear Pineapple & Cherries	Spaghetti with Garlic Toast Chicken Tenders with Garlic Toast Ham & Cheese Sub Pizza Option  Honey Roasted Broccoli Waffle Fries with Sriracha Ketchup Orange Wedges Apple Crisp	Seafood Basket Meatball Sub Buffalo Chicken Wrap Pizza Option  Corn on the Cob Mixed Greens Fresh Banana Watermelon Chunks
<b>October 15 - 19</b> <b>National School Lunch Week!</b>	Lings Mandarin Chicken and Dinner Roll Chicken Egg Rolls Egg & Cheese Chef Salad and Roll Pizza Option  Fried Rice Kale & Apple Salad Braised Cabbage Peaches & Grapes Fruit Cocktail  	Taco Bar Cuban Sandwich Buffalo Chicken Salad Croissant Pizza Option  Cilantro Lime Rice Orange Medley Juice Black-Eyed Peas Fresh Apples Mandarin Oranges Brownie Bites	Loaded Baked Potato with Garlic Knot Lasagna Roll-Ups with Garlic Knot Chicken Caesar Chef Salad w/ Garlic Knot Pizza Option Candied Carrots Parmesan Peas Cool Tropics Fruit Slush Pumpkin Spiced Applesauce  	Chili Dog Pretzel Bun Bacon Cheeseburger Pimento Cheese Sandwich Combo Pizza Option  Tater Tots Celery Sticks & Ranch Fruited Gelatin Peach-Pear Compote	<b>National School Lunch Week!</b>  Fish & Grits with Hushpuppies Grilled Cheese Yogurt, Cheese, & Fruit Plate Pizza Option  Vegetable Soup Sautéed Summer Squash Pears & Cherries Strawberries & Kiwi
<b>October 22 - 26</b>	Fried Chicken & Cornbread Brunswick Stew and Cornbread Ranch Chicken Chef Salad & Cornbread Pizza Option  Yellow Rice Turnip Greens Sweet Potato Puffs Berry Blend Fruit Cup Apple Slices and Caramel Dip	Salisbury Steak with Garlic Knot BBQ Nachos with Garlic Knot Italian 3-Meat Sub Pizza Option  Mashed Potatoes Sautéed Mushrooms 100% Fruit Juice Fresh Grapes	Boneless Buffalo Wings and Dinner Roll Hot Ham & Cheese Croissant Tuna Chef Salad with Goldfish Pizza Option Buffalo Sidewinders Broccoli with Cheese Sauce Lime Applesauce Peaches & Cream	Scrambled Eggs, Sausage, & Jelly Biscuit Red & Blue Yogurt Parfait Chicken Caesar Wrap Pizza Option  Sweet Potato Hash Peas & Carrots Orange Wedges Pineapple Cup	Wild West BBQ Sandwich Cheesy Breadstix & Marinara Sauce Yogurt, Cheese, & Fruit Plate Pizza Option  Baked Beans Coleslaw Fresh Banana Mandarin Strawberry Cup Fresh Baked Sugar Cookie
<b>October 29 - 31</b>	<b>Site Based Menu</b>	Shakin' Bacon Chicken Sandwich Lasagna with Garlic Toast Ham & Cheese Sub Pizza Option  Baby Carrots with Ranch French Fries Sliced Peaches 100% Fruit Juice Fresh Baked Sugar Cookie	BBQ Drumsticks with Garlic Knot Fish Sandwich Egg & Cheese Chef Salad with Garlic Knot Pizza Option  Green Beans Baked Sweet Potato w/Cinnamon Butter Pineapple Cup Halloween Italian Ice	<p><b>National School Lunch Week</b>          October 15-19, 2018          #NSLW18 #school lunch #lots2love</p>	

A reimbursable meal must include at least 3 food groups. Choose at least 3 food items including 1/2 cup fruits or vegetables and at least 2 other food groups. For best nutrition, choose all 5 of the meal components for School Lunch - Grains, Meats or Protein, Milk, Fruit & Vegetables.

MILK VARIETY OFFERED DAILY

MENU SUBJECT TO CHANGE

This institution is an equal opportunity provider.

