



**High School Grades 9-12 Lunch Menu
October 2017**

	Monday 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6
Entrée – choose 1	*Hamburger on Bun (25g) **Cheese & Bean Enchilada (42g) *Buffalo Chicken Pizza (36g)	* Beef Enchilada Dip with Tortilla Chips (34g) & Cornbread (29g) **Macaroni-n-Cheese (25g) & Cornbread (29g) *BBQ Chicken on Bun (34g)	* Philly Steak & Cheese Sub (33g) *Pepperoni Pizza (35g) *Turkey Sausage & French Toast Sticks (58g)	*Nacho Burger on Bun (26g) *Turkey Divan (33g) & Breadstick (17g) *Chicken Patty on Bun (34g)	*Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Chili with Tortilla Chips (59g) & Cornbread (29g)
	COLD ENTREES *Italian Sub (30g) *Cobb Salad (20g) & Muffin (26-28g)	COLD ENTREES *Turkey & Cheese Wrap (36g) *Pasta Salad (60g) & Cornbread (29g)	COLD ENTREES *Regular (42g) or Spicy Chicken Wrap (44g) **Yogurt Parfait (72-91g) & Muffin (26-28g)	COLD ENTREES **Vegetarian Sub (40g) *Crispy Chicken Salad (27g) & Muffin (26-28g)	COLD ENTREES *Turkey Ham & Cheese Sub (31g) *Chef Salad (25g) & Cornbread (29g)
Choose 1 or more	*Collard Greens (4g) **Black Beans (22g)	*Potato of Choice (14-37g) *Green Beans (5g)	*Corn (17g) *Hot Apple Slices (20g)	*Potato of Choice (14-37g) *California Mixed Vegetables – broccoli, carrots, & cauliflower (3g)	*Steamed Broccoli (2g)

WEEK 3

	Monday 10/9	Tuesday 10/10	Wednesday 10/11	Thursday 10/12	Friday 10/13
Entrée – choose 1	*Taco Salad with Tortilla Chips (24g) & Cornbread (29g) *Meatball Sub (39g) *Pepperoni Pizza (35g)	*Chicken Nuggets (15g) & Breadstick (17g) *BBQ Beef Rib Panini (42g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (58g)	*Cheeseburger on Bun (26g) **Cheese Pizza (36g) *Chicken Fajita (39g)	**Ohio Day Cheese Pizza (41g) *Buffalo Chicken Drumstick & Waffles (36g) *Spaghetti with Meat Sauce (34g) & Breadstick (17g)	*Hamburger on Bun (25g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Chicken a la King over Rice (33g) & Breadstick (17g)
	COLD ENTREES *Italian Sub (30g) **Vegetarian Salad (22g) & Cornbread (29g)	COLD ENTREES **Vegetarian Sub (40g) *Cobb Salad (20g) & Breadstick (17g)	COLD ENTREES *Chicken Salad Wrap (39g) **Yogurt Parfait (72-91g) & Muffin (26-28g)	COLD ENTREES *Turkey & Cheese Sub (29g) *Italian Salad (10g) & Breadstick (17g)	COLD ENTREES *Turkey Ham & Cheese Wrap (35g) *Crispy Chicken Salad (27g) & Breadstick (17g)
Choose 1 or more	*Corn (17g) **Black Beans (22g)	*Potato of Choice (14-37g) *Green Beans (5g)	*Steamed Cabbage (3g)	*Steamed Broccoli (2g)	*Italian Mixed Vegetables – zucchini, carrot, cauliflower, Italian green beans & lima beans (5g)

WEEK 4

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. **Meatless food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 9/20/2017



**High School Grades 9-12 Lunch Menu
October 2017**

	Monday 10/16	Tuesday 10/17	Wednesday 10/18	Thursday 10/19	Friday 10/20
Entrée – choose 1	*Chicken Patty on Bun (34g) *Turkey Sausage Pizza (36g) *Sloppy Joe on Bun (36g)	*Philly Steak & Cheese Sub (33g) *Buffalo Chicken Grab Wraps (40g) *Lasagna (34g) & Breadstick (17g)	*Chicken Enchilada Dip with Tortilla Chips (31g) & Cornbread (29g) *Pepperoni Pizza (35g) *Chili Cheese Coney (31g)	*Hot Italian Sub (30g) *Cheesy Chicken Crunch Wrap (56g) **Veggie Burger (40g) or Cheeseburger on Bun (27g)	NO SCHOOL
	COLD ENTREES **Vegetarian Sub (40g) *Chef Salad (25g) & Muffin (26-28g)	COLD ENTREES *Turkey & Cheese Sub (29g) **Vegetarian Salad (22g) & Breadstick (17g)	COLD ENTREES *Turkey Ham & Cheese Sub (31g) **Yogurt Parfait (72-91g) & Muffin (26-28g)	COLD ENTREES *Italian Sub (30g) *Pasta Salad (60g) & Breadstick (17g)	
Choose 1 or more	*Collard Greens (4g)	*Steamed Broccoli (2g) **Garbanzo Beans (20g)	*Corn (17g) *Hot Apple Slices (20g)	*Potato of Choice (14-37g) *California Mixed Vegetables – broccoli, carrots, & cauliflower (3g)	

WEEK 1

	Monday 10/23	Tuesday 10/24	Wednesday 10/25	Thursday 10/26	Friday 10/27
Entrée – choose 1	*Chicken Drumstick & Waffle (37g) *Turkey Sausage & Pepperoni Pizza (36g) *Fiesta Nachos (36g)	*Salisbury Steak Ciabatta (39g) *Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (58g)	NO SCHOOL	*Cheeseburger on Bun (26g) *Orange Chicken over Rice (77g) **Toasted Cheese Sandwich (32g)	*Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Cheese and Chicken Burrito (54g)
	COLD ENTREES *Turkey Ham & Cheese Sub (31g) **Vegetarian Salad (22g) & Muffin (26-28g)	COLD ENTREES *Chicken Salad Wrap (39g) *Cobb Salad (20g) & Muffin (26-28g)		COLD ENTREES **Vegetarian Sub (40g) *Italian Salad (10g) & Breadstick (17g)	COLD ENTREES *Turkey Ham & Cheese Wrap (35g) *Chef Salad (25g) & Breadstick (17g)
Choose 1 or more	*Green Beans (5g) **Black Beans (22g)	*Mashed Potatoes with Gravy (23g) *Brussels Sprouts (7g)		**Potato of Choice (14-37g) *Steamed Broccoli (2g)	*Mixed Vegetables – corn, peas, carrots, green beans, & lima beans (9g) *Hot Peach Slices (28g)

WEEK 2

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. **Meatless food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 9/20/2017