

# HIGH SCHOOL OCTOBER 2017 BREAKFAST / LUNCH

MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

BREAKFAST EATERS ARE BETTER LEARNERS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 WG FRENCH TOAST, SYRUP, ASSORTED FRUITS</p> <p>LUNCH—CRISPIITOS, SALSA, OR TURKEY &amp; CHEESE WRAP, FRESH BABY CARROTS, CUCUMBER SLICES, WG CHIPS 9-12 ONLY, APPLESAUCE, MILK</p> <p>PBJ AVAILABLE DAILY ON REQUEST</p>	<p>3 BANANA MUFFIN, YOGURT, BANANA</p> <p>LUNCH---PEPPERONI PIZZA OR CHEF SALAD, GARLIC BREADSTICK, MARINARA SAUCE, TOSSED SALAD W/ ROMAINE, GRAHAM CRACKERS 7-8 ONLY, GRAHAM SNACKS 9-12 ONLY, PEACHES, MILK</p>	<p>4 BISCUIT &amp; GRAVY, APPLE HALF</p> <p>LUNCH---BEEF SANCHO OR TURKEY WRAP, CHEESE, ROMAINE, TOMATO, REFRIED BEANS, WG CHIPS &amp; SALSA, PINEAPPLE, MILK</p>	<p>5 MINI CINNIS, ASSORTED FRUITS</p> <p>LUNCH--- HOT HAM &amp; CHEESE OR PBJ, FRESH BROCCOLI, HASH BROWN PATTY, COOKIE, TROPICAL FRUIT, MILK</p>	<p>6 BREAKFAST TACO, MANDARIN ORANGES</p> <p>LUNCH---BREADED CHICKEN PATTY OR HAM &amp; CHEESE WRAP, MASHED POTATOES, GRAVY, SEASONED GREEN BEANS, WW ROLL / JELLY, APPLE HALF, MILK</p>
<p>9 OATMEAL BREAKFAST ROUND, YOGURT, STRAWBERRIES</p> <p>LUNCH---CHEESY CHICKEN SPAGHETTI OR CHEESE PIZZA, TOSSED SALAD W/ ROMAINE, FRESH BABY CARROTS, PUDDING 9-12 ONLY, WW ROLL / HONEY, PEACHES MILK</p>	<p>10 PANCAKES, SYRUP, ORANGE WEDGES</p> <p>LUNCH--- BBQ RIB ON A WG BUN OR TURKEY &amp; CHEESE WRAP, HASH BROWN PATTY, ROMAINE, TOMATO SLICES, SEASONED GREEN BEANS, FRUIT CRISP, PEARS, MILK</p>	<p>11 BISCUIT, SAUSAGE LINKS, APPLESAUCE</p> <p>LUNCH--- HAMBURGER ON A BUN OR CHEF SALAD, WG CHIPS, ROMAINE, TOMATO SLICES, BAKED BEANS, SWEET POTATO PUFFS, CELERY 9-12 ONLY, ORANGE WEDGES, MILK</p>	<p>12 BREAKFAST PIZZA, APPLE HALF</p> <p>LUNCH---BAKED CHICKEN DRUMSTICK OR HAM &amp; CHEESE WRAP, SAVORY RICE, SEASONED CORN, FRESH BROCCOLI, OATMEAL ROLL / JELLY, PINEAPPLE, MILK</p>	<p>13 BREADSTICKS, SAUCE, FRUIT COCKTAIL</p> <p>LUNCH---- CHEESE PIZZA OR GRILLED CHICKEN ON A BUN, FRESH GARDEN SALAD, SEASONED CARROTS, BANANA MUFFIN SQUARES 9-12 ONLY, APPLE HALF, MILK</p>
<p>16</p> <p>NO SCHOOL</p>	<p>17 SAUSAGE PANCAKE, SF SYRUP, ASSORTED FRUITS</p> <p>LUNCH—GRILLED CHICKEN ON A BUN OR BBQ RIB ON A BUN, ROMAINE, TOMATO SLICES, SAVORY RICE, SEASONED CARROTS, STRING CHEESE, PINEAPPLE, MILK</p>	<p>18 WAFFLES, SYRUP, PEARS</p> <p>LUNCH---PIG IN A BLANKET OR CHEF SALAD, HASH BROWN PATTY, BROCCOLI W/ CHEESE, PUDDING, APPLE HALF, MILK</p>	<p>19 BISCUIT &amp; GRAVY, ORANGE WEDGES</p> <p>LUNCH--- TACO SALAD OR HAM WRAP, ROMAINE, TOMATO, CHEESE, REFRIED BEANS, WG CHIPS &amp; SALSA, WG CINNAMON PUFF, PEARS, MILK</p>	<p>20 BREAKFAST CHICKEN BISCUIT, PEACHES</p> <p>LUNCH---CHEESE BURGER ON A BUN OR HAM &amp; CHEESE ON A BUN, ROMAINE, TOMATO SLICES, SWEET POTATO FRIES, (WG CHIPS &amp; PEAS 9-12 ONLY), ORANGE WEDGES, MILK</p>
<p>23 OATMEAL BREAKFAST ROUND, YOGURT ASSORTED FRUITS</p> <p>LUNCH---WG BEEF &amp; BEAN BURRITO OR HAM &amp; CHEESE WRAP, CHEESE SAUCE, TOMATO, ROMAINE, SEASONED CORN, GREEN PEPPER STRIPS 9-12, WG CHIPS &amp; SALSA 9-12 ONLY, PEACHES, MILK</p>	<p>24 MINI CINNIS, TROPICAL FRUIT</p> <p>LUNCH—TURKEY &amp; CHEESE ON A BUN OR BBQ RIB ON A BUN, ROMAINE, TOMATO SLICES, OVEN FRIES, GRAHAM CRACKERS 7-8, GRAHAM SNACKS 9-12, BANANA, MILK,</p>	<p>25 PANCAKES, SYRUP, APPLE HALF</p> <p>LUNCH---BBQ BEEF ON A BUN OR TURKEY &amp; CHEESE WRAP, FRESH BABY CARROTS, BAKED BEANS, OATMEAL COOKIE, WG CHIPS, PEARS, MILK</p>	<p>28 CHERRY FRUDEL, ASSORTED FRUITS</p> <p>LUNCH--- PEPPERONI PIZZA OR CHEF SALAD, CELERY STICKS, SEASONED CARROTS, FRESH GARDEN SALAD, STRING CHEESE 9-12 ONLY, APPLESAUCE, MILK</p>	<p>27</p> <p>NO SCHOOL</p>
<p>30 FRENCH TOAST, SYRUP, STRAWBERRIES</p> <p>LUNCH---WG CRISPIITOS, SALSA OR TURKEY &amp; CHEESE WRAP, FRESH BABY CARROTS, CUCUMBER SLICES, WG CHIPS 9-12 ONLY, APPLESAUCE, MILK</p>	<p>31 STRAWBERRY CHEX MX, YOGURT, FRESH GRAPES</p> <p>LUNCH---PEPPERONI PIZZA OR CHEF SALAD, GARLIC BREADSTICK, MARINARA SAUCE, TOSSED SALAD W/ ROMAINE, GRAHAM CRACKERS 7-8 ONLY, GRAHAM SNACKS 9-12 ONLY, PEACHES, MILK</p>	<p>1 BISCUIT &amp; GRAVY, ORANGE WEDGES</p> <p>LUNCH--- BEEF SANCHO OR TURKEY WRAP, CHEESE, ROMAINE, TOMATO, REFRIED BEANS, WG CHIPS &amp; SALSA, PINEAPPLE, MILK</p>	<p>2 MINI CINNIS, ASSORTED FRUITS</p> <p>LUNCH--- HOT HAM &amp; CHEESE OR PBJ, FRESH BROCCOLI, HASH BROWN PATTY, COOKIE, TROPICAL FRUIT, MILK</p>	<p>3 EGG &amp; CHEESE BISCUIT, MANDARIN ORANGES</p> <p>LUNCH--- BREADED CHICKEN PATTY OR HAM &amp; CHEESE WRAP, MASHED POTATOES, GRAVY, SEASONED GREEN BEANS, WW ROLL / JELLY, APPLE HALF, MILK</p>

CEREAL, JUICE, MILK CHOICE DAILY AT BREAKFAST & CHOICE FRUIT DAILY (9-12) AT LUNCH