

High School
Sept 30-Oct 4

ONE-TABLE

| | Monday 30 | Tuesday Oct 1 | Wednesday 2 | Thursday 3 | Friday 4 |
|--|--|---|--|--|---|
|  Comfort Kitchen | Chicken Tikka Masala w/Brown Rice Baked Penne w/Breadstick (v) Veggie Burger (v) Seasoned Potato Wedges Garden Salad | Turkey Tacos al Pastor w/Avocado Crema General Tso's Chicken w/Brown Rice Grilled Cheese Sandwich (v) Stir fry Vegetables Green Beans | Crispy Chicken Pimento Cheese Sandwich w/Jalapenos Beef Nachos Chile Relleno Burrito (v) Roasted Mushrooms Mexican Black Beans | Breaded Chicken Drumstick w/Mac & Cheese Croque Monsieur Sandwich Pasta & Colorful Marinara w/Garlic Knot (v) Caesar Side Salad Collard Greens | Philly Cheese Steak Rice Bowl Cheese Pizza (v) Roasted Broccoli & Red Peppers Roasted Butternut Squash |
|  Corner Deli | Deli Bento Box | Chef Salad w/Hard Boiled Egg and Garlic Knot (v) | Chicken Caesar Salad w/Breadstick | Buffalo Chicken Wrap | Turkey & Cheese Sub |
|  From the Garden | Apple Slices Fresh Pear Basil Corn Salad Super Salad | Fresh Pear Whole Orange Caesar Side Salad Fresh Broccoli | Frozen Blueberries Banana Super Salad Baby Carrots | Banana Orange Slices Caesar Side Salad Cucumber Salad | Whole Apple Red Seedless Grapes Super Salad Chilled Peas |

OFFERED DAILY

Non fat white milk
Low-fat 1% white milk

DRESSINGS

Italian, Ranch, Ketchup, Mayo, Mustard

All grain products are whole grain rich.
(v) denotes vegetarian choices (includes milk and eggs) and (ve) denotes vegan choices. Locally Sourced items offered daily. This menu is subject to change and based upon product availability.

This institution is an equal opportunity provider. Additional nutrition information available upon request.

High School
Oct 7-11

ONE-TABLE



Comfort Kitchen

| | Monday 7 | Tuesday 8 | Wednesday 9 | Thursday 10 | Friday 11 |
|--|--|---|--|----------------|--------------|
| | Beef Soft Tacos Cheese-filled Breadsticks w/Marinara (v) Bean & Cheese Nachos (v) Refried Pinto Beans Garden Salad | Chicken Tenders w/Breadstick Beef Hot Dog Macaroni & Cheese w/Breadstick (v) Citrus Glazed Carrots Green Peas | Chicken & Bean Empanadas Crispy Chipotle Chicken Sandwich Teriyaki Tofu w/Veggie Lo Mein (v) Fiesta Potatoes Roasted Bell Peppers & Onions Roasted Potatoes | No School | No School |
| | Strawberry Banana Parfait (v) | Pizza Bento Box | Fiesta Salad w/Breadstick (v) | | |
| | Orange Slices Whole Pear Baby Carrots Super Salad | Apple Slices Watermelon Garden Salad Celery Sticks | Banana Whole Apple Super Salad Chilled Sweet Potato | No School | No School |



Corner Deli



From the Garden

OFFERED DAILY

Non fat white milk
Low-fat 1% white milk

DRESSINGS

Italian, Ranch, Ketchup, Mayo, Mustard


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High School
Oct 14-18

ONE-TABLE

| | Monday 14 | Tuesday 15 | Wednesday 16 | Thursday 17 | Friday 18 |
|---|--------------|---|--|---|---|
|  Comfort Kitchen No School | | Beef Meatballs & Marinara Baked Penne w/Breadstick (v) Lasagna Roll Up w/Breadstick (v) Parmesan Green Beans Tater Tots | Grilled Chicken Sandwich Philly Cheesesteak Sandwich Teriyaki Chick'n and Fried Rice (v) Roasted Broccoli & Carrots Green Peas | Beef Hot Dog Salvadorian Chicken Thigh w/Brown Rice Tortellini Pasta Salad (v) Roasted Cauliflower Oven Baked Fries | Beef Enchiladas Bean & Cheese Enchiladas (v) Cheese Pizza (v) Mexican Black Beans Caesar Side Salad |
|  Corner Deli | | Hummus Box (v) | Turkey "Ham" and Cheese Sandwich | Pizza Bento Box | Chicken Caesar Salad w/Breadstick |

| | Monday 14 | Tuesday 15 | Wednesday 16 | Thursday 17 | Friday 18 |
|--|--------------|---|--|---|---|
|  From the Garden No School OFFERED DAILY Non fat white milk Low-fat 1% white milk DRESSINGS Italian, Ranch, Ketchup, Mayo, Mustard | | Apple Slices Watermelon Garden Salad Celery Sticks | Banana Whole Apple Super Salad Chilled Sweet Potato | Orange Slices Whole Apple Garden Salad Red Pepper Strips | Banana Frozen Blueberries Super Salad Tomato, Corn, Cilantro Salad |

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Comfort Kitchen



Corner Deli



From the Garden

OFFERED DAILY

Non fat white milk
Low-fat 1% white milk

DRESSINGS

Italian, Ranch, Ketchup, Mayo, Mustard

| | Monday 21 | Tuesday 22 | Wednesday 23 | Thursday 24 | Friday 25 |
|-----------------|--|--|---|--|---|
| Comfort Kitchen | Beef & Cheese Nachos or Bean & Cheese Nachos (v) Turkey Tacos Veggie Burger (v) Mexican Black Beans Moroccan Spiced Carrots Burger Toppings | Chicken Nuggets w/Breadstick Crispy Chicken Wrap BBQ Sloppy Joe Sandwich (ve) Celery Sticks Tater Tots | Crispy Chicken Pimento Cheese Sandwich w/Jalapenos Veggie Lo Mein w/Sweet & Sour Tofu (ve) Cheese Filled Breadsticks w/Marinara (v) Sweet Roasted Corn Roasted Broccoli | Chili con Carne w/Breadstick Dominican Pica Chicken Drumstick w/Salsa & Brown Rice Caprese Grilled Cheese Sandwich (v) Green Peas Crinkle Cut Fries | Chicken & Bean Empanadas Hamburger Macaroni Broccoli & Cheese Baked Potato w/Garlic Knot (v) Roasted Broccoli Blue Ribbon Slaw |
| Corner Deli | Sunbutter & Jelly Sandwich (ve) | Strawberry Banana Parfait (v) | Buffalo Chicken Wrap | Chicken Caesar Wrap | Fiesta Dip Box (v) |
| From the Garden | Apple Slices Whole Pears Fresh Broccoli Super Salad | Frozen Blueberries Strawberries Greek Salad Cucumber Slices | Orange Slices Banana Super Salad Pinto Beans | Whole Apple Fresh Peach Greek Salad Baby Carrots | Whole Orange Apple Slices Super Salad Pinto Beans |



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High School
Oct 28-Nov 1

ONE-TABLE

| | Monday 28 | Tuesday 29 | Wednesday 30 | Thursday 31 | Friday Nov 1 |
|--|---|--|--|---|---|
|  Comfort Kitchen | Parmesan Chicken w/Spaghetti & Marinara Buffalo Chicken Pizza Cheese Pizza (v) Garden Salad Roasted Cauliflower | Jerk Chicken Quesadilla OR Cheese Quesadilla (v) w/Cilantro Lime Rice Croque Monsieur Sandwich Mexican Black Beans Green Beans | Cheeseburger Grilled Chicken Sandwich Veggie Burger (v) Mexican Corn Tater Tots | Spicy Chicken Sandwich Chicken & Bean Empanadas Fiesta Potato Breakfast Bowl w/Biscuit (v) Sweet Potato Fries Seasoned Carrot Coins | BBQ Mac & Cheese w/ Garlic Knot Philly Cheesesteak Lasagna Roll Up w/ Garlic Knot (v) Roasted Corn Caesar Side Salad |
|  Corner Deli | Chicken Caesar Wrap | Tuna Salad Sandwich | Crispy Chicken Salad w/Garlic Knot | Hummus Box (v) | Turkey & Cheese Sandwich |
|  From the Garden | Strawberry Cup Orange Slices Cucumber Slices Super Salad | Red Seedless Grapes Whole Pear Chilled Peas Spinach Salad | Banana Frozen Blueberries Red Pepper Strips Super Salad | Apple Slices Banana Roasted Chickpeas Spinach Salad | Whole Apple Whole Orange Celery Sticks Super Salad |

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Low-fat 1% white milk

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