



High School Lunch Menu with Salad Bar & Deli Bar

October 5 - 9

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in **green**, it's local and if you see it in **blue**, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Veggie Chili w/ Whole Grain Cornbread	Ukranian Chicken w/ Whole Grain Garlic Bun	Barbecue Turkey on Whole Grain Bun	Italian Bagel	PROFESSIONAL DEVELOPMENT DAY NO SCHOOL
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian	Off Again Today!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Spicy Chicken	
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/ Toppings Bar	Charbroiled Cheeseburger on Whole Grain Bun w/ Lettuce & Tomato Garnish	
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Pastrami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Turkey Ranch Wrap	
 Hot & Cold Sides Available at All Stations	Sweet Potato Wedges Fresh Cucumber Tomato Salad Fresh Local Apple Assorted Fruit	Fresh Roma Roasted Local Red Potatoes Fresh Baby Carrots w/ Light Dressing Pineapple Cup Assorted Fruit	Southwest Pinto Beans Fresh Cucumber Coins w/ Light Dressing Fresh Banana Assorted Fruit	Seasoned Carrots Fresh Local Kale Salad Fresh Orange Assorted Fruit	
 Self-Serve Deli Bar Available Daily	Start With: Assorted Whole Grain Breads, Rolls, & Wraps Add: Assorted Meats, Cheeses, Homemade Egg Salad - Made with Fresh Local Eggs, Homemade Chicken Salad Top With: Mustard, Mayo, Salad Dressing Finish With: Lettuce, Tomato, Sliced Red Onions				
 Self-Serve Salad Bar Available Daily	Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms , Sliced Radishes, Fresh Jicama Top With: Shredded Cheddar Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans Finish With: Caesar Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks				



High School Lunch Menu with Salad Bar & Deli Bar

October 12 - 16

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—if you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	COLUMBUS DAY NO SCHOOL	Whole Grain Spaghetti w/ Turkey Meatballs	Buffalo Chicken Wrap	Teriyaki Chicken w/ Ginger Lime Brown Rice	Pescada a la Mexicana (<i>Mexican Style Baked Fish</i>) w/Spanish Brown Rice*
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts		Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Spicy Chicken
 Tasty Hand-Held Hot Sandwiches		Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/ Toppings Bar	Santa Fe Burger on Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
 Grab & Go Cold Sandwiches and Salads		Turkey Pastrami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Garden Salad w/ Whole Grain Dinner Roll	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Hot & Cold Sides Available at All Stations		Green Beans Italiano Fresh Baby Carrots w/ Light Dressing Fresh Local Apple Assorted Fruit	Seasoned Corn Fresh Romaine & Tomato Side Salad Fresh Orange Assorted Fruit	Seasoned Carrots Fresh Celery Sticks w/Light Dressing Fresh Banana Assorted Fruit	Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing 100% Grape Juice Assorted Fruit
 Self-Serve Deli Bar Available Daily	<p>Start With: Assorted Whole Grain Breads, Rolls, & Wraps</p> <p>Add: Assorted Meats, Cheeses, Homemade Egg Salad - Made with Fresh Local Eggs, Homemade Chicken Salad</p> <p>Top With: Mustard, Mayo, Salad Dressing</p> <p>Finish With: Lettuce, Tomato, Sliced Red Onions</p>				
 Self-Serve Salad Bar Available Daily	<p>Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Chili Lime Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p>				



SIMPLY GOOD



High School Lunch Menu with Salad Bar & Deli Bar

October 19 - 23

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	PARENT TEACHER CONFERENCE NO SCHOOL	Spicy Asian Chicken w/Brown rice	Curacao International Day Chicken Stoba w/Red Beans & Rice	Vegetarian Stir Fry	Panes Rellenos (Salvadoran Chicken Torta)
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts		Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian	Pizza Chef is Off Today! 	And Yet Again!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Spicy Chicken
 Tasty Hand-Held Hot Sandwiches		Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/ Toppings Bar	Pizza Burger on Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
 Grab & Go Cold Sandwiches and Salads		Turkey Pastrami on Whole Grain Roll w/ Mustard	Vegetable Stew w/Red Beans & Rice 	Turkey Ranch Wrap	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Hot & Cold Sides Available at All Stations		Seasoned Corn Fresh Cucumber Coins w/Light Dressing Pineapple Cup Assorted Fruit	Stewed Cabbage & Zucchini Fresh Romaine w/Tomatoes & Cucumbers Fresh Local Apple Assorted Fruit	Seasoned Carrots Fresh Celery Sticks w/ Light Dressing Fresh Banana Assorted Fruit	Fiesta Black Beans Fresh Baby Carrots w/Light Dressing Fresh Orange Assorted Fruit
 Self-Serve Deli Bar Available Daily	<p>Start With: Assorted Whole Grain Breads, Rolls, & Wraps</p> <p>Add: Assorted Meats, Cheeses, Homemade Egg Salad - Made with Fresh Local Eggs, Homemade Chicken Salad</p> <p>Top With: Mustard, Mayo, Salad Dressing</p> <p>Finish With: Lettuce, Tomato, Sliced Red Onions</p>				
 Self-Serve Salad Bar Available Daily	<p>Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Buffalo Chicken, Sliced Fresh Local Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p>				



High School Lunch Menu with Salad Bar & Deli Bar

October 26 - 30

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in **green**, it's **local** and if you see it in **blue**, the meal has **international influence!** All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Hot Turkey Meatball Sub on Whole Grain Bun	Open Face Turkey Sandwich on Whole Grain Bread w/Gravy	Haitian Style Fish w/ Creole Rice and Beans*	Whole Grain Rotini w/Mozzarella Sauce	Caribbean Jerk Chicken w/ Brown Rice
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Spicy Chicken
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/Toppings Bar	Charbroiled Cheeseburger on Whole Grain Bun w/ Lettuce & Tomato Garnish	Spicy Chicken Sandwich on Whole Grain Bun
 Grab & Go Cold Sandwiches and Salads  Hot & Cold Sides Available at All Stations	Garden Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun Local Fresh Baked Sweet Potato w/Cinnamon Homemade Confetti Coleslaw Fresh Local Apple Assorted Fruit	Turkey Pastrami on Whole Grain Roll w/ Mustard Mashed Potatoes w/ Gravy Fresh Celery w/ Light Dressing Pineapple Cup Assorted Fruit	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips Glazed Carrots Fresh Local Tuscan Kale Salad Fresh Orange Assorted Fruit	Turkey Ranch Wrap Garlic Lemon Broccoli Fresh Cucumber & Tomato Salad Fresh Banana Assorted Fruit	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing 100% Grape Juice Assorted Fruit
 Self-Serve Deli Bar Available Daily	Start With: Assorted Whole Grain Breads, Rolls, & Wraps Add: Assorted Meats, Cheeses, Homemade Egg Salad - Made with Fresh Local Eggs, Homemade Chicken Salad Top With: Mustard, Mayo, Salad Dressing Finish With: Lettuce, Tomato, Sliced Red Onions				
 Self-Serve Salad Bar Available Daily	Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms , Sliced Radishes, Fresh Jicama Top With: Shredded Cheddar Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans Finish With: Diced Turkey Ham, Sliced Fresh Local Eggs, Garlic Croutons , 2 Whole Grain Garlic Breadsticks				