



October 2017 - Menus

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Grades 9-12 Lunch

MENUS ARE SUBJECT TO CHANGE

10-2

- ★ ★ Chile Cheese Tamale - **V**
- ★ ★ Toasted Cheese Sandwich - **V**
- ★ ★ Premium Granola and Yogurt - **V**
- ★ Fiesta Pinto Beans or Campfire Baked Beans
- ★ Sweet Corn
- ★ Fruit - **S**
- ★ Fruit Juice
- ★ Got Milk

10-3

- ★ ★ All Star Turkey Hot Dog
- ★ ★ Turkey & Cheese Melt
- ★ ★ Italian Chopped Salad
- ★ Artisan Roll - **S**
- ★ Golden Hash Brown Patties
- ★ Veggie Medley
- ★ Fruit - **S**
- ★ Fruit Juice
- ★ Got Milk

10-4

- ★ Taco Bean Dip
- ★ ★ Yellow Submarine Sandwich
- ★ ★ Mexicali Salad - **V**
- ★ Crunchy Tortilla Chips - **S**
- ★ Tangy Salsa Cup
- ★ Petite Baby Carrots - **S**
- ★ Fruit Cup
- ★ Fruit Juice
- ★ Got Milk

10-5

- ★ ★ 3 Cheese Calzone
- ★ ★ Pastrami & Cheese Croissant
- ★ ★ Chicken Caesar & Cheesy Bread
- ★ Marinara Sauce Cup
- ★ Fresh Garden Salad
- ★ Fruit - **S**
- ★ Frozen Juice Cup
- ★ Got Milk

10-6

- ★ ★ Crispy Chicken Filet Sandwich
- ★ ★ Classic Tuna Sandwich
- ★ ★ Shanghai Chinese Chicken Salad
- ★ Artisan Roll - **S**
- ★ Roasted Potato Wedges
- ★ Petite Baby Carrots - **S**
- ★ Fruit - **S**
- ★ Fruit Juice
- ★ Got Milk

10-9

- ★ Vegan Chili - **V**
- ★ ★ Toasted Cheese Sandwich - **V**
- ★ ★ Premium Granola and Yogurt - **V**
- ★ Crunchy Tortilla Chips - **S**
- ★ Tangy Salsa Cup
- ★ Petite Baby Carrots - **S**
- ★ Fruit - **S**
- ★ Fruit Juice
- ★ Got Milk

10-10

- ★ ★ Crispy Beef Taquitos
- ★ ★ Deli Turkey & Cheese Sandwich
- ★ ★ Italian Chopped Salad
- ★ Artisan Roll - **S**
- ★ Fiesta Pinto Beans or Campfire Baked Beans
- ★ Sweet Corn
- ★ Fruit - **S**
- ★ Fruit Juice
- ★ Got Milk

10-11

- ★ ★ Garlicky Cheese Bread
- ★ ★ Yellow Submarine Sandwich
- ★ ★ Mexicali Salad - **V**
- ★ Crunchy Tortilla Chips - **S**
- ★ Petite Baby Carrots - **S**
- ★ Fresh Garden Salad
- ★ Fruit Cup
- ★ Fruit Juice
- ★ Got Milk

10-12

- ★ ★ Teriyaki Beef Dipper Rice Bowl
- ★ ★ Pastrami & Cheese Croissant
- ★ ★ Chicken Caesar & Cheesy Bread
- ★ Broccoli Buds
- ★ Veggie Medley
- ★ Fruit - **S**
- ★ Frozen Juice Slush
- ★ Got Milk

10-13

- ★ ★ Manager's Choice
- ★ ★ Classic Tuna Sandwich
- ★ ★ Shanghai Chinese Chicken Salad
- ★ Artisan Roll - **S**
- ★ Roasted Potato Wedges
- ★ Fresh Garden Salad
- ★ Fruit - **S**
- ★ Fruit Juice
- ★ Got Milk



10-16

- ★ ★ Cheesy Mac - **V**
- ★ ★ Toasted Cheese Sandwich - **V**
- ★ ★ Premium Granola and Yogurt - **V**
- ★ Sidewinder Fries
- ★ Petite Baby Carrots - **S**
- ★ Fruit - **S**
- ★ Fruit Juice
- ★ Got Milk

10-17

- ★ ★ Smokin' BBQ Rib Sandwich
- ★ ★ Turkey & Cheese Melt
- ★ ★ Italian Chopped Salad
- ★ Artisan Roll - **S**
- ★ Fiesta Pinto Beans or Campfire Baked Beans
- ★ Golden Hash Brown Patties
- ★ Fruit - **S**
- ★ Fruit Juice
- ★ Got Milk

10-18

- ★ ★ Zesty Beef Chalupa with Rice
- ★ ★ Yellow Submarine Sandwich
- ★ ★ Mexicali Salad - **V**
- ★ Crunchy Tortilla Chips - **S**
- ★ Fresh Garden Salad
- ★ Tangy Salsa Cup
- ★ Fruit Cup
- ★ Fruit Juice
- ★ Got Milk

10-19

- ★ ★ Salisbury Steak & Mashed Potatoes
- ★ Southern Buttermilk Biscuit
- ★ ★ Pastrami & Cheese Croissant
- ★ ★ Chicken Caesar & Cheesy Bread
- ★ Fluffy Mashed Potatoes
- ★ Veggie Medley
- ★ Fruit - **S**
- ★ Frozen Juice Cup
- ★ Got Milk

10-20

- ★ ★ Crispy Chicken Filet Sandwich
- ★ ★ Classic Tuna Sandwich
- ★ ★ Shanghai Chinese Chicken Salad
- ★ Artisan Roll - **S**
- ★ Roasted Potato Wedges
- ★ Petite Baby Carrots - **S**
- ★ Fruit - **S**
- ★ Fruit Juice
- ★ Got Milk



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h2>Grades 9-12 Lunch</h2> <p><i>MENUS ARE SUBJECT TO CHANGE</i></p>				
10-23 <ul style="list-style-type: none"> ★ Vegan Chili - V ★★ Toasted Cheese Sandwich - V ★★ Premium Granola and Yogurt - V ★ Tortilla Chips - S ★ Sweet Corn ★ Petite Baby Carrots - S ★ Fruit - S ★ Fruit Juice ★ Got Milk 	10-24 <ul style="list-style-type: none"> ★★ Mama's Meatball Sub ★ Deli Turkey & Cheese Sandwich ★★ Italian Chopped Salad ★ Artisan Roll - S ★ Golden Hash Brown Patties ★ Veggie Medley ★ Fruit Cup ★ Fruit Juice ★ Got Milk 	10-25 <ul style="list-style-type: none"> ★★ Baja Fish Tacos ★★ Yellow Submarine Sandwich ★★ Mexicali Salad - V ★ Crunchy Tortilla Chips - S ★ Sidewinder Fries ★ Tangy Salsa Cup ★ Fruit - S ★ Fruit Juice ★ Got Milk 	10-26 <ul style="list-style-type: none"> ★★ Savory Sausage Flatbread or Chesy Flatbread ★★ Pastrami & Cheese Croissant ★★ Chicken Caesar & Cheesy Bread ★ Fiesta Pinto Beans or Campfire Baked Beans ★ Fresh Garden Salad ★ Fruit - S ★ Frozen Juice Cup ★ Got Milk 	10-27 <ul style="list-style-type: none"> ★★ Café LA Burger or Cheeseburger ★★ Classic Tuna Sandwich ★★ Shanghai Chinese Chicken Salad ★ Artisan Roll - S ★ Roasted Potato Wedges ★ Petite Baby Carrots - S ★ Fruit - S ★ Fruit Juice ★ Got Milk
10-30 <ul style="list-style-type: none"> ★★ Bean & Cheese Pupusa with Curtido - V ★★ Toasted Cheese Sandwich - V ★★ Premium Granola and Yogurt - V ★ Fiesta Pinto Beans or Campfire Baked Beans ★ Sweet Corn ★ Fruit - S ★ Fruit Juice ★ Got Milk 	10-31 <ul style="list-style-type: none"> ★★ All Star Turkey Hot Dog ★★ Turkey & Cheese Melt ★★ Italian Chopped Salad ★ Artisan Roll - S ★ Golden Hash Brown Patties ★ Veggie Medley ★ Fruit - S ★ Fruit Juice ★ Got Milk 			

All of the Grain/Bread items served are whole grain.
 Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat
 ★: For a reimbursable meal, pick at least 3 ★'s. **One** ★ must be a fruit or vegetable
S: Items with an (S) can be saved for later
V: Vegetarian items
 **Farm Fresh Fruits: Apple, Orange, Banana