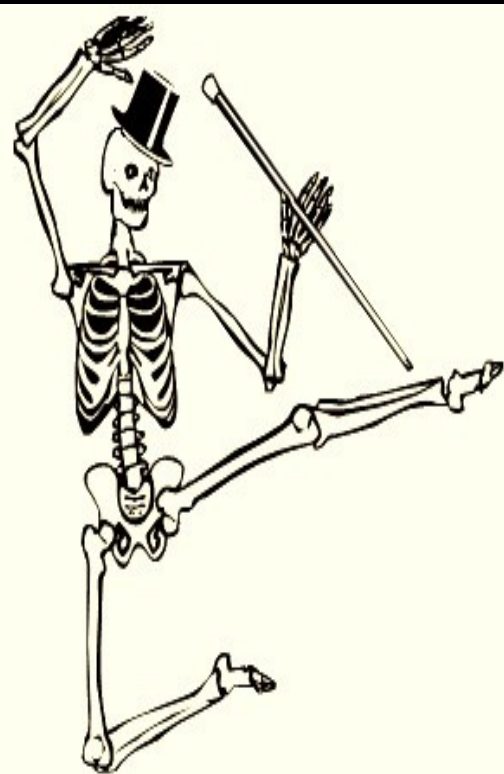


# High School Lunch October 2020

## High School Offered:

1. Milk 8fl oz. 1% Low Fat or Fat Free Choc
2. 2 oz Meat / Meat Alternative
3. 1 cup of Fruit
4. 1 Cup of Vegetables
5. Grains 10—12 week (51% Whole Grain)

**\*\*All students may refuse 2 of the above but must take 1 cup of fruit / veggie equivalent.\*\***



			<b>Thursday, October 1</b>	<b>Friday, October 2</b>
			Turkey & Cheese Sandwich WG Roll/Mayo Lettuce / Tomato Mango Veggie Juice Diced Pears/Apples	Turkey & Cheese Sandwich WG Roll/Mayo Lettuce / Tomato Mango Veggie Juice Diced Pears/Apples
<b>Monday, October 5</b>	<b>Tuesday, October 6</b>	<b>Wednesday, October 7</b>	<b>Thursday, October 8</b>	<b>Friday, October 9</b>
WG Penne & Marinara Mozzarella Cheese Garden Salad Apples Sliced Oranges Corn Muffin	WG Breaded Chicken WG Roll Ketchup Carrots Sliced Oranges / Cantaloupe Apple Sauce	Turkey & Cheese Sandwich WG Roll Mayo Packet Lettuce / Tomato Baby Carrots Apples / Oranges Mango Veggie Juice	Turkey & Cheese Sandwich WG Roll / Mayo Packet Lettuce & Tomato Carrots/Green Beans Apples Sliced Oranges	Chicken Drumsticks Corn Garbanzo Beans Whole Wheat Biscuits Sliced Oranges Apples
<b>Monday, October 12</b>	<b>Tuesday, October 13</b>	<b>Wednesday, October 14</b>	<b>Thursday, October 15</b>	<b>Friday, October 16</b>
Italian Heritage Day NO SCHOOL	WG Cheese Pizza Corn Garbanzo Beans Green Beans Apples Sliced Oranges	Turkey & Cheese Sandwich WG Roll / Mayo Packet Lettuce/Tomato Baby Carrots Apples / Oranges Mango Veggie Juice	WG Breaded Chicken WG Roll Ketchup Carrots / Green Beans Sliced Oranges Apple Sauce Cup	WG Penne & Marinara Mozzarella Cheese Corn Muffin Garden Salad Apples Sliced Oranges
<b>Monday, October 19</b>	<b>Tuesday, October 20</b>	<b>Wednesday, October 21</b>	<b>Thursday, October 22</b>	<b>Friday, October 23</b>
WG Mac & Cheese Carrots Green Beans Corn Muffin Sliced Oranges Craisins	Chicken Alfredo Pasta WG Carrots Apples & Oranges Corn Muffin	Turkey & Cheese Sandwich WG Roll / Mayo Packet Lettuce/Tomato Baby Carrots Apples & Oranges Mango Veggie Juice	WG Cheese Pizza Corn Green Beans Garbanzo Beans Apples & Oranges	WG Penne & Marinara Mozzarella Cheese Garden Salad Apples & Oranges Corn Muffin
<b>Monday, October 26</b>	<b>Tuesday, October 27</b>	<b>Wednesday, October 28</b>	<b>Thursday, October 29</b>	<b>Friday, October 30</b>
WG Alfredo Pasta Chicken Teriyaki Garden Salad Carrots Apples Sliced Oranges	WG Cheese Pizza Corn Garbanzo Beans Green Beans Apples Sliced Oranges	Turkey & Cheese Sandwich WG Roll / Mayo Packet Lettuce/Tomato Baby Carrots Apples/Oranges Mango Veggie Juice	WG Mac & Cheese Carrots Green Beans Corn Muffin Sliced Oranges Craisins	WG Breaded Chicken WG Roll Ketchup Carrots Green Beans Sliced Oranges Apple Sauce

**\*\*Menu subject to change based on inclement weather, freshness and / or delivery.\*\***  
**\*\*This institution is an equal opportunity provider.\*\***