

Jr/Sr High School OCTOBER 2020

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Breakfast served with Fruit, Juice and choice of milk. | Lunch served with choice of milk. | Menu subject to change. | 1 Cinnamon Roll Cheesy Hash brown Peas & Carrots Peaches W/G Garlic Stick | 2 Parfait & Granola Bar Chicken Nuggets Corn Fresh Fruit W/G Cheetos |
| 5 Mini W/G Bagels Pork Tenderloin/ W/G Bun Tots/Cheese Black bean Salad Applesauce | 6 W/G Waffles Scalloped Potato/Ham Glazed Carrots Mixed Fruit W/G Dinner Roll Butter | 7 Cereal Orange Chicken over W/G Rice Broccoli/Cauliflower Pineapple Fortune Cookie | 8 W/G Muffin Salisbury Steak Mashed Potato/Gravy Green Beans Peaches W/G Garlic Toast | SIP DAY |
| 12 No School | 13 W/G Breakfast Cookie Pizza Salad/Dressing Corn Mandarin Oranges | 14 W/G Cinnamon Roll Beef & Noodles Mixed Veg Pears W/G Bread Stick | 15 Fresh Baked Long Johns Riblet W/G Bun Pasta/Veggie Salad Apple Chocolate Pudding Dessert | 16 W/G English Muffin/PBJ Fiesta Chicken Fiesta Beans Grapes Chips/Salsa |
| 19 W/G Pancake Bites Pizza Burger W/G Bun Green Beans Peaches | 20 Banana Bread Ravioli Peas Mixed Tropical Fruit W/G Dinner Roll Butter | 21 Cinnamon Roll BBQ Pork W/G Bun Baked Beans Fresh Orange | 22 Parfait, Granola Bar Taco Pasta California Blend Corn Bread Applesauce | 23 W/G Donuts Chicken Parmesan Mixed Veg Fresh Fruit |
| 26 W/G Pop-Tarts Buffalo Chicken W/G Bun Au Gratin Potato Mandarin Oranges | 27 W/G Muffin Mexican Tot Casserole Refried Beans Spanish Rice Pineapple | 28 W/G Pancake Bites Chicken Bacon Ranch Wrap Broccoli/Cauliflower Salad Slushie | 29 W/G Mini Bagels Cheeseburger W/G Bun Coleslaw Strawberries | 30 W/G Cereal Mini Corn Dogs Cherry Star Juice Pears W/G Sun Chips |