

October 2024 High School Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch is FREE for all students!</p> <p>Milk & fresh or canned fruit served daily with lunch</p> <p>Daily Choices Pizza Slice Bagel Meal Salad Meal Deli Sandwich Yogurt Meal Pretzel Meal</p>	<p>OCTOBER IS NATIONAL FARM TO SCHOOL MONTH!</p>	<p> Beef Tacos Fluffy Brown Rice Steamed Corn Mexican Bean Salad Assorted Toppings 1</p>	<p>Swedish Meatballs or Chicken Picatta over Egg Noodles Fresh Baked Bread Steamed Broccoli Tossed Salad 2</p>	<p>Pancakes with Sausage or Breakfast Sandwich Potato Puffs Spinach Salad 3</p>	<p>Calzones Ham, Cheese, Broccoli or Pepperoni Fresh Marinara Sauce NY Green Beans Caesar Salad 4</p>
	<p>Italian Dunkers Marinara Sauce Garden Green Peas Tossed Salad 7</p>	<p>General Tso's or Orange Chicken Jasmine Rice Stir-Fried Vegetables Spring Roll 8</p>	<p><u>Around the World Wednesday</u> Ramen Noodle Bar Chicken, Tofu or Beef Broccoli Assorted Toppings 9</p>	<p>Oven Roasted Chicken or Meatloaf Buttermilk Biscuit Mashed Potatoes & Gravy Green Beans 10</p>	<p>Crispy Chicken Sandwich Special Sauce/Toppings Sidewinder Fries Veggie Sticks Roasted Chickpeas 11</p>
<p>Daily Choices Pizza Slice Bagel Meal Salad Meal Deli Sandwich Yogurt Meal Pretzel Meal</p>	<p>No School</p> 14	<p> Walking Tacos Fluffy Brown Rice Seasoned Black Beans Steamed Corn Assorted Toppings 15</p>	<p>Pasta Bar Meatballs, Chicken Alfredo or Marinara over Penne Garlic Bread Steamed Green Beans Caesar Salad 16</p>	<p>Build Your Own Sub Selection of Boar's Head Meats & Cheeses Orzo Salad Veggie Sticks 17</p>	<p>Grilled Cheese or Assorted Flatbreads Tomato Soup Baked Beans Carrots & Celery 18</p>
	<p>Local & Fresh Look for the apple on our menu that designates a local product from NY.</p>	<p>Waffles or French Toast Sticks Sausage Links Hash Brown 21</p>	<p>Boneless Chicken Wings Corn Bread Roasted Potatoes Carrots & Celery 22</p>	<p><u>Around the World Wednesday</u> Chicken Tikka Masala or Beef Vindaloo Curried Potatoes Steamed Peas Naan Bread 23</p>	<p> Burger Bar Bacon, Cheese or Plain French Fries Baked Beans Assorted Toppings 24</p>
<p> All meals must have at least 1 serving of fruit and/or vegetable</p>	<p>Crispy Chicken Tenders Buttermilk Biscuit Curly Fries Caesar Salad 28</p>	<p>Mac & Cheese Bar Pulled Pork or Buffalo Chicken Dinner Roll Garden Green Peas Baby Carrots Assorted Toppings 29</p>	<p>Crispy Chicken Sandwich Special Sauce/Toppings Sidewinder Fries Veggie Sticks 30</p>	<p>Flatbread Pizza Assorted Varieties Steamed Broccoli Caesar Salad 31</p>	<p>Visit linqconnect.com to add money to student accounts or complete the voluntary income survey</p>

October is National Pizza Month! Weekly specials:

10/1 - Chicken Bacon Ranch 10/7 - Taco 10/15 - BBQ Chicken 10/21 - Margherita 10/28 - Meat Lovers