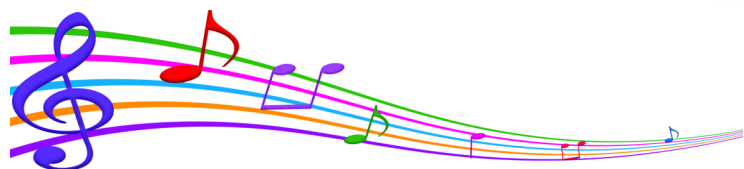


High Lunch OCTOBER 2019



Tuesday, October 1

Main Course
Nashville Hot Chicken with Texas Toast
Fish Fillet Sandwich
Wild Mike's Pepperoni Pizza
Pairings (3-4)
Roasted Sweet Potato
Cucumber Salad
Spiced Baked Pears
Seasonal Fresh Fruit

Movers & Shakers
Garden Vegetarian Chef Salad V
Fresh Turkey Sub

Wednesday, October 2

Main Course
Beef & Cheese Nachos
Cheese Nachos V
Grilled Chicken Sandwich
Meatball Sub
Pairings (3-4)
Shredded Lettuce & Tomato
Fiesta Black Beans
Applesauce
Seasonal Fresh Fruit

Movers & Shakers
Fajita Chicken Chef Salad
Club Sub

Thursday, October 3

Main Course
BBQ Chicken with Roll
Wild Mike's Cheese Pizza
Spinach Queso with Flatbread
Pairings (3-4)
Power Kale Salad
Roasted Corn
Chilled Fruit Medley
Seasonal Fresh Fruit

Movers & Shakers
Humming Bird Salad
Turkey Sub

Friday, October 4

Main Course
Roasted Chicken Wings with Roll
Grilled Cheese
Spicy Chicken Sandwich
Pairings (3-4)
Garden Green Salad
Steamed Broccoli
Chilled Peaches
Seasonal Fresh Fruit
Movers & Shakers
Chicken Strip Chef Salad
Turkey & Cheese Sub

Monday, October 7

Main Course
Smoked Texas Rodeo
Turkey BBQ Sandwich
Cheese Dippers with Salsa V
Spicy Popcorn Chicken/Roll
Pairings (3-4)
Coleslaw
Baked Beans
Chilled Mandarin Oranges
Seasonal Fresh Fruit
Movers & Shakers
Chicken Strip Chef Salad
Fresh Turkey & Cheese Club Sub

Tuesday, October 8

Main Course
Lemon Grass Chicken with Rice
Fish Fillet Sandwich
Wild Mike's Pepperoni Pizza
Pairings (3-4)
Spinach Salad
Garden Baked Sweet Potato
Chilled Fruit Medley
Seasonal Fresh Fruit
Movers & Shakers
Fruit & Yogurt Plate V
Fresh Turkey Sub
Delectables
Dick & Janes Farmers Market
Cookies

Wednesday, October 9

Main Course
Mesquite Chicken with Roll
Garden Veggie Burger V
Meatloaf with Roll
Pairings (3-4)
Mexicali Corn
Collard Greens
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers
Fajita Chicken Chef Salad
Fresh Club Sub

Thursday, October 10



Fall Break

Friday, October 11

Fall Break



National School Lunch Week
October 14—18, 2019

This institution is an equal opportunity provider.

Monday, October 14



Tuesday, October 15

Main Course
Nashville Hot Chicken with Texas Toast
Fish Fillet Sandwich
Wild Mike's Pepperoni Pizza
Pairings (3-4)
Roasted Sweet Potato
Cucumber Salad
Spiced Baked Pears
Seasonal Fresh Fruit
Movers & Shakers
Garden Vegetarian Chef Salad V
Fresh Turkey Sub

Wednesday, October 16

Main Course
Beef & Cheese Nachos
Cheese Nachos V
Grilled Chicken Sandwich
Meatball Sub
Pairings (3-4)
Shredded Lettuce & Tomato
Fiesta Black Beans
Applesauce
Seasonal Fresh Fruit
Movers & Shakers
Fajita Chicken Chef Salad
Club Sub Plate
Delectables
Homemade Chocolate Chip Cookie

Thursday, October 17

Main Course
BBQ Chicken with Roll
Wild Mike's Cheese Pizza
Spinach Queso with Flatbread
Pairings (3-4)
Power Kale Salad
Roasted Corn
Chilled Fruit Medley
Seasonal Fresh Fruit

Movers & Shakers
Humming Bird Salad
Turkey Sub

Friday, October 18

Main Course
Surf & Turf with Cornbread
Grilled Cheese
Spicy Chicken Sandwich
Pairings (3-4)
Garden Green Salad
Steamed Broccoli
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers
Chicken Strip Chef Salad
Turkey & Cheese Sub



Harvest of the Month

Zucchini Squash

Good source of vitamin C, fiber and folate.



Red Ribbon Week

Mon., October 21

Main Course

Smoked Texas Turkey BBQ Sandwich
Cheese Dippers with Salsa V
Spicy Popcorn Chicken/Roll

Pairings (3-4)

Coleslaw
Baked Beans
Chilled Mandarin Oranges
Seasonal Fresh Fruit

Movers & Shakers

Chicken Strip Chef Salad
Fresh Turkey Sub

Tues., October 22

Main Course

Lemon Grass Chicken with Rice
Fish Fillet Sandwich
Wild Mike's Pepperoni Pizza

Pairings (3-4)

Spinach Salad
Baked Sweet Potato
Chilled Fruit Medley
Seasonal Fresh Fruit

Movers & Shakers

Fruit & Yogurt Plate V
Fresh Turkey Sub Plate

Delectables

Hugs Not Drugs Cookies

Wed., October 23

Main Course

Mesquite Chicken with Roll
Garden Veggie Burger V
Meatloaf with Roll

Pairings (3-4)

Mexicali Corn
Collard Greens
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers

Fajita Chicken Chef Salad
Fresh Club Sub Plate

Thurs., October 24

Main Course

Turkey Croissant with Turkey
Bacon, Lettuce & Tomato
Breaded Beef Steak/Gravy/Roll
Chicken Breast Tenders with Roll

Pairings (3-4)

Mashed Potatoes Deluxe
Zucchini & Basil
Cinnamon Applesauce
Seasonal Fresh Fruit

Movers & Shakers

Charbroiled Chicken Chef Salad
Turkey Sub Plate

****Harvest of the Month****

Friday, October 25

Main Course

Shrimp & Fish Basket with
Macaroni & Cheese & Cornbread
Wild Mike's Cheese Pizza
Chicken Fillet Sandwich

Pairings (3-4)

Lemon Kissed Kale
Roasted Carrots
Chilled Pears
Seasonal Fresh Fruit

Movers & Shakers

Chicken Strip Chef Salad
Fresh Turkey Sub Plate

Monday, October 28

Main Course

Batter Up Franks
Cheeseburger Deluxe
French Bread Pizza V
Pairings (3-4)

Lettuce/Tomato/Pickle
Golden Crinkle Fries
Mandarin Oranges
Seasonal Fresh Fruit

Movers & Shakers

Fruit & Yogurt Plate V
Turkey Sub Plate

Tuesday, October 29

Main Course

Nashville Hot Chicken with Texas Toast
Fish Fillet Sandwich
Wild Mike's Pepperoni Pizza

Pairings (3-4)

Roasted Sweet Potato
Cucumber Salad
Spiced Baked Pears
Seasonal Fresh Fruit

Movers & Shakers

Garden Vegetarian Chef Salad V
Fresh Turkey Sub Plate

Wednesday, October 30

Main Course

Beef & Cheese Nachos
Cheese Nachos V
Grilled Chicken Sandwich
Meatball Sub

Pairings (3-4)

Shredded Lettuce & Tomato
Fiesta Black Beans
Applesauce
Seasonal Fresh Fruit

Movers & Shakers

Fajita Chicken Chef Salad
Club Sub Plate

Delectables

Thursday, October 31

Main Course

BBQ Chicken with Roll
Wild Mike's Cheese Pizza
Spinach Queso with Flatbread

Pairings (3-4)

Power Kale Salad
Roasted Corn
Chilled Fruit Medley
Seasonal Fresh Fruit

Movers & Shakers

Humming Bird Salad
Turkey Sub Plate

Delectables

SPOOKY SUNDAE

Friday, November 1

Main Course

Roasted Chicken Wings with Roll
Grilled Cheese
Spicy Chicken Sandwich

Pairings (3-4)

Garden Green Salad
Steamed Broccoli
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers

Chicken Strip Chef Salad
Turkey & Cheese Sub Plate

Choice of Milk Served with All Meals

