



# OCTOBER 2023



# HIGH SCHOOL LUNCH

National School Lunch Week 2023

MON	TUE	WED	THU	FRI
<p>2 Entrees BBQ Rib Sandwich Soft Shell Chicken Taco</p> <p>Sides (3-4) Shredded Lettuce &amp; Tomato Fiesta Black Beans Diced Peaches Assorted Juice</p> <p>Grab N Go : Yogurt &amp; Fruit Plate <b>V</b> Turkey Sub Plate</p>	<p>3 Entrees Wild Mike's Cheese Pizza <b>V</b> Wild Mike's Pepperoni Pizza Hot Dog</p> <p>Select 3-4: Tossed Salad Whole Kernel Corn Diced Pears Assorted Fruit Juice</p> <p>Grab N Go Charbroiled Chicken Chef Salad Turkey Ham Sub Plate</p>	<p>4 Entrees Spicy Chicken Sandwich Waking Frito Chili Pie</p> <p>Select 3-4: Roasted Sweet Potato Steamed Broccoli Applesauce Assorted Juice</p> <p>Grab N Go Hummus Plate Club Sub Plate</p>	<p>5 Entrees Chicken &amp; Waffle Veggie Burger <b>v</b></p> <p>Select 3-4: Power Kale Salad Crinkle Fries Chilled Fruit Medley Assorted Fresh Fruit</p> <p>Grab N Go Chicken Strip Salad Turkey Sub Plate</p>	<p>6</p> <p><b>PROFESSIONAL DEVELOPMENT</b></p>
<p><b>Columbus Day</b></p>	<p>10 Entrees Galaxy Cheese Pizza Breaded Beef Steak/Gravy with Roll</p> <p>Select 2-3: Mashed Potatoes Green Beans Cinnamon Applesauce</p> <p>Grab N Go Charbroiled Chicken Chef Salad Turkey Ham Sub Plate</p> <p>With: Kiwi Strawberry Slush</p>	<p>11 Entrees Breaded Chicken Drumstick with Roll Hamburger</p> <p>Select 3-4: Collard Greens Peppered Carrots Chilled Pineapple Assorted Fresh Fruit</p> <p>Grab N Go Chicken Strip Chef Salad Club Sub Plate</p> <p>With: Macaroni &amp; Cheese</p>	<p>12 Entrees Conga Chicken Wings/Roll Stuffed Cheese &amp; Pepperoni Sandwich</p> <p>Select 3-4 Celery Sticks/Ranch Tater Tots Sliced Peaches Assorted Fresh Fruit</p> <p>Grab N Go Nutbutter &amp; Jelly Sandwich Plate Turkey &amp; Cheese Sub Plate</p> <p>With: Baked Apple Crisp</p>	<p>13 Entrees Baked Spaghetti with Roll Grilled Chicken Sandwich</p> <p>Select 3-4 Shredded Lettuce &amp; Tomato Southwestern Corn Mandarin Oranges Assorted Juice</p> <p>Grab N Go Yogurt &amp; Fruit Plate Turkey Ham &amp; Cheese Sub Plate</p>
<p>16 <b>Monday Fun Day !</b></p> <p>Entrees BBQ Rib Sandwich Soft Shell Chicken Taco</p> <p>Sides (3-4) Shredded Lettuce &amp; Tomato Fiesta Black Beans Diced Peaches Assorted Juice</p> <p>Grab N Go : Yogurt &amp; Fruit Plate <b>V</b> Turkey Sub Plate</p> <p>With: Paradise Punch Fruit Slush</p>	<p>17 Entrees Wild Mike's Cheese Pizza <b>V</b> Wild Mike's Pepperoni Pizza Corn Dog</p> <p>Select 3-4: Tossed Salad Whole Kernel Corn Diced Pears Assorted Fresh Fruit</p> <p>Grab N Go Charbroiled Chicken Chef Salad Turkey Ham Sub Plate</p>	<p>18 Entrees Chicken Chunks with Texas Toast Waking Frito Chili Pie</p> <p>Select 3-4: Baked Sweet Potato Steamed Broccoli Applesauce Assorted Fresh Fruit</p> <p>Grab N Go Hummus Plate Club Sub Plate</p>	<p>19 Entrees Chicken &amp; Waffle Veggie Burger <b>v</b></p> <p>Select 3-4: Power Kale Salad Crinkle Fries Chilled Fruit Medley Assorted Fresh Fruit</p> <p>Grab N Go Chicken Strip Salad Turkey Sub Plate</p>	<p>20 Entrees Buffalo Chicken Dip With Tortilla Chips Cheese Calzone <b>v</b></p> <p>Select 3-4: Garden Salad Italian Green Beans Mandarin Oranges Assorted Fresh Fruit</p> <p>Grab N Go: Turkey Sub Plate Charbroiled Chicken Chef Salad</p> <p>With: Farmer's Market Shortbread Cookies</p>
<p>23 Entrees</p> <p>Galaxy Cheese Pizza <b>V</b> </p> <p>Texas BBQ Sandwich</p> <p>Select 3-4: Coleslaw Baked Beans Diced Pears Fresh Apple Wedges</p> <p>Grab N Go Club Shaker Salad Turkey Sub Plate</p>	<p>24 Entrees </p> <p>Bayou Mashed Potato Bowl with Roll</p> <p>Breaded Beef/Bun</p> <p>Select 3-4: Steamed Broccoli Green Beans Cinnamon Applesauce Fresh Pear</p> <p>Grab N Go Vegetarian Chef Salad Turkey Ham Sub Plate</p>	<p>25 Entrees </p> <p>Mandarin Chicken with Rice &amp; Fortune Cookie Cheeseburger</p> <p>Select 3-4: Mixed Green Salad Roasted Carrots Chilled Pineapple Fresh Orange Wedges</p> <p>Grab N Go Chicken Strip Chef Salad Club Sub Plate</p>	<p>26 Entrees </p> <p>Breaded Chicken Sandwich Stuffed Cheese &amp; Pepperoni Pizza</p> <p>Select 3-4: Farm to School Zenucchini  Tater Tots Chilled Fruit Medley Fresh Banana</p> <p>Grab N Go Nutbutter &amp; Jelly Plate <b>V</b> Turkey &amp; Cheese Sub Plate</p>	<p>27 Entrees </p> <p>Chicken Nachos Cheese Nachos</p> <p>Grilled Chicken Sandwich</p> <p>Select 3-4: Shredded Lettuce &amp; Tomato Southwestern Corn Mandarin Oranges Assorted Fresh Fruit</p> <p>Grab N Go Fajita Chicken Chef Salad Turkey Sub Plate</p> <p>With Hugs Not Drugs Cookies</p>
<p>30</p> <p>Entrees BBQ Rib Sandwich Soft Shell Chicken Taco</p> <p>Sides (3-4) Shredded Lettuce &amp; Tomato Fiesta Black Beans Diced Peaches Assorted Juice</p> <p>Grab N Go : Yogurt &amp; Fruit Plate <b>V</b> Turkey Sub Plate</p>	<p>31 <b>Halloween</b> </p> <p>Entrees Wild Mike's Cheese Pizza <b>V</b> Wild Mike's Pepperoni Pizza Hot Dog</p> <p>Sides (3-4) Cucumber Salad  Whole Kernel Corn Assorted Fresh Fruit</p> <p>Grab N Go Charbroiled Chicken Chef Salad Turkey Ham Sub Plate With: EEK Fruit Ice </p>	<p>1 Entrees Chicken Chunks with Texas Toast Waking Frito Chili Pie</p> <p>Select 3-4: Roasted Sweet Potato Steamed Broccoli Applesauce Assorted Juice</p> <p>Grab N Go Hummus Plate Club Sub Plate</p>	<p>2 Entrees Hamburger Cheese Calzone</p> <p>Select 3-4: Power Kale Salad Crinkle Fries Chilled Fruit Medley Assorted Fresh Fruit</p> <p>Grab N Go Chicken Strip Salad Turkey Sub Plate</p>	<p>3 Entrees Buffalo Chicken Dip With Tortilla Chips Veggie Burger <b>v</b></p> <p>Select 3-4: Garden Salad Italian Green Beans Mandarin Oranges Assorted Fresh Fruit</p> <p>Grab N Go :Turkey Sub Plate Charbroiled Chicken Chef Salad</p>

Red Ribbon Week 2023