



# Lunch Menu

MIDDLE & UPPER SCHOOL

OCTOBER 2022

\$8.20 PER LUNCH

Menu may change due to shortages/undue circumstances

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chef Salad: Mixed greens, ham, turkey, cheese, egg & veggie Croutons

3 Sloppy Joes Tater Tots Corn on Cob Fruit Beverage  Caesar Salad	4 Spaghetti w/ Marinara Steamed Broccoli Garlic Bread Stick Fruit Beverage  Caesar Salad	5 Chicken Sandwich w/Lettuce & Tomato Pickles French Fries Corn Fruit Beverage  Caesar Salad	6 Hard Shell Beef Taco Spanish Rice Beans Fresh Fruit Churros Beverage  Caesar Salad	7 Orange Chicken Steamed Rice Oriental Vegetables Vegetable Egg Roll Fresh Fruit Fortune Cookie Beverage  Caesar Salad
10 Breakfast For Lunch Cheddar Omelette Sausage Patty French Toast Breakfast Potatoes Fresh Fruit Beverage  Garden Salad	11 Hamburger or Garden Burger Condiments French Fries Baked Beans Fresh Fruit Beverage  Garden Salad	12 Grilled Ham & Cheese Sweet Potato Fries Baked Beans Fresh Fruit Cookie Beverage  Garden Salad	13 Chicken Alfredo Steamed Broccoli Garlic Breadstick Fresh Fruit Beverage  Garden Salad	14 Pizza Day: Cheese, Pepperoni or Sausage Caesar Salad Fruit Beverage  Garden Salad
17 Breaded Chicken Sandwich Lettuce, Tomatoes, Pickles French Fries Corn Fruit Beverage  Caesar Salad	18 Penne Pasta w/Marinara Sauce Italian Meatballs Steamed Broccoli Garlic Bread Stick Fresh Fruit Beverage  Caesar Salad	19 Gyro Pita Sandwich w/Tzatziki Falafel Fresh Fruit Beverage  Caesar Salad	20 Nacho Bar Build Your Own; Seasoned Beef, Refried Beans, Cheese Sauce & More! Fruit, Churro Beverage  Caesar Salad	21 Teacher In-Service Day  NO SCHOOL
24 Teacher In-Service Day  NO SCHOOL	25 All-Beef Hot Dog w/Chili Cheese Onion Homemade Chips Cole Slaw Fruit Beverage  Greek Salad	26 Chicken Fried Steak Mashed Potatoes & Gravy Steamed Corn Dinner Roll Fruit Beverage  Greek Salad	27 Bean & Cheese Burrito, Spanish Rice Chips & Salsa Pork Green Chili Fruit Beverage  Greek Salad	28 Pizza Day: Cheese, Pepperoni or Sausage Caesar Salad Fruit Beverage  Greek Salad
31 Parent-Teacher Conferences  NO SCHOOL  				

Greek Salad: Mixed greens, olives, cucumber, tomato, feta cheese, artichoke heart & balsamic Vinaigrette

Garden Salad: Mixed greens, tomatoes, cucumbers, carrots, dressing & croutons

Caesar Salad: Romaine lettuce, parmesan cheese, dressing, & croutons, w/ French bread roll & butter