



October 2021 7th-12th Grade

Grades 7-12

BREAKFAST No Charge
LUNCH No Charge
MILK .50
ICE CREAM .75

SERVED DAILY

Anytimers
Salad Bar
Uncrustables PB&J
Turkey Sandwich
Tuna Sandwich
Assorted Fruit
Skim / 1% White or
Non-Fat Chocolate Milk

MON TUE WED THU FRI

1
Whole Grain Pizza
 Lettuce & Tomato Salad
 Fresh Broccoli
 Low-Fat Italian
 Low-Fat Ranch

4
Popcorn Chicken
 WW Dinner Roll (9-12)
 Baked French Fries
 White Bean Salad
 Ketchup Packet

5
Meatball Subs
 Baked Potato Tots
 Ketchup Packet

6
French Toast Sticks
 Baked Hash Brown Patty
 Baked Sausage Patty
 Ketchup Packet
 Syrup Packet

7
Chicken Parmesan
 Simmered Noodles
 Simmered Carrots

8
Individual Pizza
 Lettuce & Tomato Salad
 Fresh Broccoli
 Low-Fat Italian
 Low-Fat Ranch

11
Columbus Day

12
Chicken Tenders
 WW Dinner Roll (9-12)
 Baked French Fries
 Ketchup Packet

13
Nacho Taco Salad
 Tortilla Chips
 Shredded Lettuce
 Black Bean Salad
 Fresh Broccoli
 Salsa

14
Bacon Burger
 French Fries
 Shredded Lettuce
 Sliced Tomatoes
 Ketchup Packet

15
Whole Grain Pizza
 Lettuce & Tomato Salad
 Low-Fat Italian
 Low-Fat Ranch

18
Chicken Nuggets
 WW Dinner Roll (9-12)
 Baked French Fries
 White Bean Salad
 Ketchup Packet

19
Breaded Pork Patty
 WW Dinner Roll (9-12)
 Mashed Potatoes
 Brown Gravy

20
Sweet Sausage w/
 Onions & Peppers
 Baked Onion Rings
 Ketchup Packet

21
Tangerine Chicken
 Steamed Rice
 Simmered Carrots

22
Individual Pizza
 Lettuce & Tomato Salad
 Fresh Broccoli
 Low-Fat Italian
 Low-Fat Ranch

25
Popcorn Chicken
 WW Dinner Roll (9-12)
 Baked French Fries
 White Bean Salad
 Ketchup Packet

26
Ham & Cheese Croissant
 Baked Potato Tots
 Tomato Soup

27
Texas BBQ Pulled Pork Sandwich
 Onion Rings

28
Chicken Drumsticks
 WW Dinner Roll (9-12)
 Mashed Potatoes
 Gravy

29
Whole Grain Pizza
 Lettuce & Tomato Salad
 Fresh Broccoli
 Low-Fat Italian
 Low-Fat Ranch

USDA is an equal opportunity provider and employer.

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 FOOD SERVICE DIRECTOR
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