



2023 HS October Breakfast Menu

2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
Assorted Cereal Bowls	Assorted Cereal Bars & Yogurt	Yogurt & Granola Parfait Kit	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt
Apple Frudel	Chicken Biscuit Sandwich	Scramble Egg Patty w/Biscuit	French Toast Sticks	Assorted WG Muffins
Apple Sauce	Banana	Orange Juice	Mango Cup	Pineapple Cup
Craisins	Pear Cup	Fresh Apple	Fresh Orange	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
Holiday	Assorted Cereal Bars & Yogurt	Yogurt & Granola Parfait Kit	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt
	Sausage Pancake Stick	Southwestern Omelet Bowl	Sausage or Bacon Breakfast Sandwich	WG Pop Tarts
	Banana	Pear Cup	Mango Cup	Pineapple Cup
	Applesauce	Fresh Apple	Fresh Orange	Fresh Pear
	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Assorted Cereal Bowls	Assorted Cereal Bars & Yogurt	Yogurt & Granola Parfait Kit	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt
Apple Frudel	Scramble Egg Patty w/Biscuit	French Toast Sticks	Sausage or Bacon Breakfast Sandwich	Chicken Biscuit Sandwich
Apple Sauce	Banana	Orange Juice	Pineapple Cup	Mango Cup
Craisins	Pear Cup	Fresh Apple	Fresh Pear	Fresh Orange
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Assorted Cereal Bowls	Assorted Cereal Bars & Yogurt	Yogurt & Granola Parfait Kit	Assorted Cereal Bars & Yogurt	Staff Development Day
Pizza Bagel	Sausage Pancake Stick	Maple Waffles	Scramble Egg Boat	
Apple Sauce	Banana	Orange Juice	Mango Cup	
Craisins	Pear Cup	Fresh Apple	Fresh Apple	
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
Assorted Cereal Bowls	Assorted Cereal Bars & Yogurt	Yogurt & Granola Parfait Kit	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt
Apple Frudel	Chicken Biscuit Sandwich	Scramble Egg Patty w/Biscuit	French Toast Sticks	Assorted WG Muffins
Apple Sauce	Banana	Orange Juice	Mango Cup	Pineapple Cup
Craisins	Pear Cup	Fresh Apple	Fresh Orange	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk

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2023 HS October Lunch Menu

2-Oct	Taco Tuesday 3-Oct	4-Oct	5-Oct	6-Oct
Chicken Pot Pie	Beef Taco w/Cheese, Lettuce & Tomatoes	Chicken Drumstick w/Dinner Roll	Turkey Chili Cheese Dog	1/2 day Buffalo Chicken Pizza
Mashed Potatoes	Black Bean & Corn Salsa	Parmesan Potatoes	Crispy Fries	Celery Sticks w/Dipping Sauce
Collard Greens		Cucumber & Tomato Cup	Vegetarian Beans	Sweet Potato Fries
Fruit Punch	Orange	Fresh Apple	Banana	Fruit Cup
Fresh Pear	Mango Cup	Pineapple Cup	Pear Cup	Fresh Apple
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
9-Oct	Taco Tuesday 10-Oct	11-Oct	12-Oct	13-Oct
Holiday	Chicken Taco w/Cheese, Lettuce & Tomatoes	Sloppy Joe on WG Bun	Crispy Chicken Sandwich w/Lettuce & Tomatoes	1/2 day Cheese Pizza
	Black Bean & Corn Salsa	Crispy Fries	Coleslaw	Celery Sticks w/Dipping Sauce
	Rice & Beans	Vegetarian Beans	Seasoned Broccoli	Sweet Potato Tots
	Orange	Fresh Apple	Banana	Fruit Cup
	Mango Cup	Pineapple Cup	Asst. Juice	Fresh Apple
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
16-Oct	Taco Tuesday 17-Oct	18-Oct	19-Oct	20-Oct
Chicken Nuggets w/Biscuit	Beef Taco w/Cheese, Lettuce & Tomatoes	BBQ Beef Rib Sandwich	Spicy Chicken Burrito	1/2 day Pepperoni Pizza
Seasoned Vegetable Medley	Black Bean & Corn Salsa	Baby Carrots	Tater Tots	Broccoli Crowns w/Dipping Sauce
Cucumber & Tomato Cup		Cole Slaw	Lettuce & Tomato Cup	Sweet Potato Fries
Fruit Punch	Orange	Fresh Apple	Banana	Fruit Cup
Fresh Pear	Mango Cup	Pineapple Cup	Pear Cup	Fresh Apple
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
23-Oct	Taco Tuesday 24-Oct	25-Oct	26-Oct	27-Oct
Spaghetti w/Meatballs	Chicken Taco w/Cheese, Lettuce & Tomatoes	Breaded Cheese Sticks w/Marinara Sauce	Bacon Cheese Burger w/Lettuce & Tomatoes	Staff Development Day
Coleslaw	Black Bean & Corn Salsa	Seasoned Carrots	Crispy French Fries	
Seasoned Broccoli	Rice & Beans	Lettuce & Tomato Cup	Vegetarian Beans	
Pineapple Cup	Orange	Fresh Apple	Banana	
Fresh Pear	Mango Cup	Pineapple Cup	Asst. Juice	
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	
30-Oct	Taco Tuesday 31-Oct	1-Nov	2-Nov	3-Nov
Chicken Pot Pie	Beef Taco w/Cheese, Lettuce & Tomatoes	Chicken Drumstick w/Dinner Roll	Turkey Chili Cheese Dog	1/2 day Buffalo Chicken Pizza
Mashed Potatoes	Black Bean & Corn Salsa	Parmesan Potatoes	Crispy Fries	Celery Sticks w/Dipping Sauce
Collard Greens		Cucumber & Tomato Cup	Vegetarian Beans	Sweet Potato Fries
Fruit Punch	Orange	Fresh Apple	Banana	Fruit Cup
Fresh Pear	Mango Cup	Pineapple Cup	Pear Cup	Fresh Apple
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk

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2023 October HS Salad & Wrap Bar Menu

2-Oct	Taco Tuesday 3-Oct	4-Oct	5-Oct	6-Oct
Chef Salad w/Teriyaki Chicken & Dinner Roll	Chef Taco Salad w/Tortilla Rounds	Chef Salad w/Crispy Chicken w/Dinner Roll	Chef Salad w/ Turkey, Cheese & Pretzel	1/2 day
Buffalo Chicken Wrap	Old Bay Chicken Salad Wrap	Crispy Chicken Wrap	Turkey & Cheese Wrap	Hot Food Line
Cucumber & Tomato Cup	Beans & Corn Salsa	Parmesan Potatoes	Baby Carrots w/Dipping Sauce	
Fruit Punch	Orange	Plums	Banana	
Fresh Pear	Mango Cup	Fresh Peach	Pear Cup	
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	
9-Oct	Taco Tuesday 10-Oct	11-Oct	12-Oct	13-Oct
Holiday	Chef Taco Salad w/Tortilla Rounds	Chef Salad w/Chicken Nuggets w/Biscuit	Chef Salad w/Ham & Cheese w/Dinner Roll	1/2 day
	Old Bay Chicken Salad Wrap	Chicken Nuggets Wrap	Chicken Caesar Wrap	Hot Food Line
	Beans & Corn Salsa	Parmesan Potatoes	Baby Carrots w/Dipping Sauce	
	Orange	Plums	Banana	
	Mango Cup	Fresh Peach	Asst. Juice	
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	
16-Oct	Taco Tuesday 17-Oct	18-Oct	19-Oct	20-Oct
Chef Salad w/Teriyaki Chicken & Dinner Roll	Chef Taco Salad w/Tortilla Rounds	Chef Salad w/Crispy Chicken w/Dinner Roll	Chef Salad w/ Turkey Ham, Cheese & Pretzel	1/2 day
Buffalo Chicken Wrap	Old Bay Chicken Salad Wrap	Crispy Chicken Wrap	Turkey Ham & Cheese Wrap	Hot Food Line
Cucumber & Tomato Cup	Beans & Corn Salsa	Parmesan Potatoes	Baby Carrots w/Dipping Sauce	
Fruit Punch	Orange	Plums	Banana	
Fresh Pear	Mango Cup	Fresh Peach	Pear Cup	
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Chef Salad w/Fajita Chicken Strips w/Biscuit	Chef Taco Salad w/Tortilla Rounds	Chef Salad w/Chicken Nuggets w/Biscuit	Chef Salad w/Turkey Ham & Cheese w/Dinner Roll	Staff Development Day
Crispy Chicken Wrap	Old Bay Chicken Wrap	Chicken Nuggets Wrap	Chicken Caesar Wrap	
Cucumber & Tomato Cup	Beans & Corn Salsa	Parmesan Potatoes	Baby Carrots w/Dipping Sauce	
Pineapple Cup	Orange	Plums	Banana	
Fresh Pear	Mango Cup	Fresh Peach	Asst. Juice	
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
Chef Salad w/Teriyaki Chicken & Dinner Roll	Chef Taco Salad w/Tortilla Rounds	Chef Salad w/Crispy Chicken w/Dinner Roll	Chef Salad w/ Turkey Ham, Cheese & Pretzel	1/2 day
Buffalo Chicken Wrap	Old Bay Chicken Salad Wrap	Crispy Chicken Wrap	Turkey Ham & Cheese Wrap	Hot Food Line
Cucumber & Tomato Cup	Beans & Corn Salsa	Parmesan Potatoes	Baby Carrots w/Dipping Sauce	
Fruit Punch	Orange	Plums	Banana	
Fresh Pear	Mango Cup	Fresh Peach	Pear Cup	
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	

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2023 October Supper Menu

2-Oct	3-Oct	4-Oct	5-Oct	1/2 day 6-Oct
Cheese Pizza Baby Carrots w/Dipping Sauce Fresh Apple Skim or 1% Fat Milk	Beef & Cheese Macaroni Casserole Celery Sticks w/Dipping Sauce Fruit Punch Skim or 1% Fat Milk	BBQ Beef Rib Sandwich Seasoned Collard Greens Apple Sauce Skim or 1% Fat Milk	Hamburger w/Lettuce & Tomatoes Sweet Potato Fries Pear Cup Skim or 1% Fat Milk	Breaded Cheese Sticks w/Marinara Sauce Crispy Fries Fresh Orange Skim or 1% Fat Milk
9-Oct Holiday	10-Oct	11-Oct	12-Oct	13-Oct
	Chicken Teriyaki w/ Fried Rice	Cheese Burger w/Lettuce & Tomatoes	Chicken Nuggets w/ WG Biscuit	Arroz Con Pollo
	Stir Fry Vegetables	Crispy Fries	Caesar Salad	Seasoned Collards
	Pineapple Cup	Orange	Fruit Cup	Fresh Apple
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Cheese Pizza Crispy Fries Fresh Apple Skim or 1% Fat Milk	Hot Dog Vegetarian Beans Pineapple Cup Skim or 1% Fat Milk	Pasta w/Meatsauce Seasoned Broccoli Apple Sauce Skim or 1% Fat Milk	Cheese Burger w/Lettuce & Tomatoes Onion Rings Fruit Punch Skim or 1% Fat Milk	Chicken Drumstick w/ Dinner Roll Baby Carrots w/ Dressing Fresh Pear Skim or 1% Fat Milk
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Pepperoni Pizza Crispy Fries Fresh Apple Skim or 1% Fat Milk	Chicken Nuggets w/ WG Biscuit Tater Tots Pineapple Cup Skim or 1% Fat Milk	Teriyaki Chicken w/Fried Rice Seasoned Broccoli Orange Skim or 1% Fat Milk	BBQ Chicken Sandwich Cesar Salad Fruit Punch Skim or 1% Fat Milk	Staff Development Day
30-Oct	31-Oct	1-Nov	1/2 day 2-Nov	3-Nov
Cheese Pizza Baby Carrots w/Dipping Sauce Fresh Apple Skim or 1% Fat Milk	Beef & Cheese Macaroni Casserole Celery Sticks w/Dipping Sauce Fruit Punch Skim or 1% Fat Milk	BBQ Beef Rib Sandwich Seasoned Collard Greens Apple Sauce Skim or 1% Fat Milk	Hamburger w/Lettuce & Tomatoes Sweet Potato Fries Pear Cup Skim or 1% Fat Milk	Breaded Cheese Sticks w/Marinara Sauce & Dinner Roll Crispy Fries Fresh Orange Skim or 1% Fat Milk

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