




HS Breakfast Menu October 2024



Vegetarian item

Skim & 1% Lowfat Milk available for every

30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
Assorted Cereal Bowls 🍷 French Toast Sticks 🍷 Apple Sauce Craisins	Assorted Cereal Bars & Yogurt 🍷 Bagel w/ Cream Cheese 🍷 Banana Diced Peach Cup	Yogurt & Granola Parfait Kit 🍷 Maple Waffles 🍷 Orange Juice Fresh Apple	Assorted Cereal Bars & Yogurt 🍷 Turkey Sausage, Egg & Cheese Breakfast Sandwich Pear Cup Mandarin Orange Cup	Assorted Cereal Bowls 🍷 Grape Filled Crescent Roll Fruit Salad Cup Fresh Pear
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
Assorted Cereal Bowls 🍷 Strawberry Cream Cheese Mini Bagels 🍷 Apple Sauce Craisins	Assorted Cereal Bars & Yogurt 🍷 Sausage Pancake Stick Banana Diced Peach Cup	Yogurt & Granola Parfait Kit 🍷 Caramel Mini Cinnis 🍷 Orange Juice Fresh Apple	Assorted Cereal Bars & Yogurt 🍷 Turkey Bacon, Egg & Cheese Breakfast Sandwich Pear Cup Mandarin Orange Cup	Assorted Cereal Bowls 🍷 Assorted WG Breakfast Breads 🍷 Fruit Salad Cup Fresh Pear
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
	Assorted Cereal Bars & Yogurt 🍷 Bagel w/ Cream Cheese 🍷 Craisins Diced Peach Cup	Yogurt & Granola Parfait Kit 🍷 Maple Waffles 🍷 Orange Juice Fresh Apple	Assorted Cereal Bars & Yogurt 🍷 Turkey Sausage, Egg & Cheese Breakfast Sandwich Pear Cup Mandarin Orange Cup	Assorted Cereal Bowls 🍷 Grape Filled Crescent Roll 🍷 Fruit Salad Cup Fresh Pear
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
Assorted Cereal Bowls 🍷 Strawberry Cream Cheese Mini Bagels 🍷 Apple Sauce Craisins	Assorted Cereal Bars & Yogurt 🍷 Sausage Pancake Stick Banana Diced Peach Cup	Yogurt & Granola Parfait Kit 🍷 Caramel Mini Cinnis 🍷 Orange Juice Fresh Apple	Assorted Cereal Bars & Yogurt 🍷 Turkey Bacon, Egg & Cheese Breakfast Sandwich Pear Cup Mandarin Orange Cup	Assorted Cereal Bowls 🍷 Assorted WG Breakfast Breads 🍷 Fruit Salad Cup Fresh Pear
28-Oct	29-Oct	30-Oct	31-Oct	1-Nov
Assorted Cereal Bowls 🍷 French Toast Sticks 🍷 Apple Sauce Craisins	Assorted Cereal Bars & Yogurt 🍷 Bagel w/ Cream Cheese 🍷 Banana Diced Peach Cup	Yogurt & Granola Parfait Kit 🍷 Maple Waffles 🍷 Orange Juice Fresh Apple	Assorted Cereal Bars & Yogurt 🍷 Turkey Sausage, Egg & Cheese Breakfast Sandwich Pear Cup Mandarin Orange Cup	No Classes for Scholars

We will make every effort to serve the planned menu daily, supply chains are experiencing significant disruption due to labor and transportation challenges. If substitutions are necessary we will use flour or similar items whenever possible. We appreciate your patience as we work with our vendors to ensure your children get the best possible meals to fuel their success in the classroom.



HS Lunch Menu October 2024



Vegetarian item

Skim & 1% Lowfat Milk available for every meal

30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
BBQ Chicken Sandwich Tater Tots Seasoned Collards Fruit Punch Fresh Apple	Beef Taco w/Cheese, Lettuce & Tomatoes Roasted Mexican Potatoes Black Beans Orange Wedges Pear Cup	Chicken Philly Cheesesteak Sweet Potato Fries Seasoned Green Beans Fresh Pear Fruit Cup	Cheeseburger w/ Lettuce & Tomato Crispy French Fries Cole Slaw Banana Apple Sauce	Pepperoni Pizza Baby Carrots w/ Ranch Caesar Salad Pineapple Fresh Apple
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
Teriyaki Beef Nuggets w/ Veggie Fried Rice Stir Fry Vegetables Candied Yams Fruit Punch Fresh Apple	Chicken Alfredo w/ Pasta Seasoned Broccoli Spinach Salad Orange Wedges Pear Cup	Chicken Tenders w/ Cornbread Muffin Sweet Potato Fries Cucumber & Tomato Cup Fresh Pear Fruit Cup	BBQ Rib Sandwich Crispy French Fries Baked Beans Banana Apple Sauce	Ranchero Pizza Baby Carrots w/ Ranch Caesar Salad Pineapple Fresh Apple
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
	Beef Taco w/Cheese, Lettuce & Tomatoes Roasted Mexican Potatoes Black Beans Orange Wedges Pear Cup	Crispy Chicken Sandwich w/ Lettuce & Tomato Sweet Potato Fries WG Breaded Onion Rings Fresh Pear Fruit Cup	Chili Cheese Dog on WG Bun Crispy Fries Cole Slaw Banana Apple Sauce	Cheese Pizza 🍕 Baby Carrots w/ Ranch Caesar Salad Pineapple Fresh Apple
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
Chicken & Waffles Seasoned Collards Cucumber & Tomato Cup Fruit Punch Fresh Apple	Salisbury Steak w/ Biscuit Baked Beans Mashed Potatoes Orange Wedges Pear Cup	Chicken Drumstick w/ Corn Bread Muffin Seasoned Green Beans Sweet Potato Fries Fresh Pear Fruit Cup	Chicken Parmesan Sandwich w/ Marinara & Cheese Seasoned Broccoli Crispy French Fries Banana Apple Sauce	Mozzarella Sticks w/ Marinara Dipping Cup 🍕 Baby Carrots w/ Ranch Caesar Salad Pineapple Fresh Apple
28-Oct	29-Oct	30-Oct	31-Oct	1-Nov
BBQ Chicken Sandwich Tater Tots Seasoned Collards Fruit Punch Fresh Apple	Beef Taco w/Cheese, Lettuce & Tomatoes Roasted Mexican Potatoes Black Beans Orange Wedges Pear Cup	Chicken Philly Cheesesteak Sweet Potato Fries Seasoned Green Beans Fresh Pear Fruit Cup	Cheeseburger w/ Lettuce & Tomato Crispy French Fries Cole Slaw Banana Apple Sauce	No Classes for Scholars

While we will make every effort to serve the planned menu s. If substitutions are necessary we will use like or similar items whenever possible.



Salad & Wrap Menu October 2024



Vegetarian
item

Skim & 1% Lowfat Milk
available for every meal

30-Sep Chef Salad w/ Orange Chicken or Veggie Nuggets & Dinner Roll Buffalo Chicken Wrap Cucumber & Tomato Cup Fruit Punch Fresh Apple	1-Oct Chef Taco or Veggie Taco Salad w/ Tortilla Rounds Old Bay Chicken Salad Wrap Bean & Corn Salsa Orange Wedges Fresh Pear	2-Oct Chef Salad w/Crispy Chicken or White Bean Chili & Biscuit Crispy Chicken Wrap Parmesan Potatoes Fresh Pear Pineapple	3-Oct Chef Salad w/ Turkey or Cheese & Pretzel Turkey & Cheese Wrap Celery Sticks w/Ranch Banana Apple Sauce	4-Oct
7-Oct Chef Salad w/ Teriyaki Beef Nuggets or Veggie Nuggets & Biscuit Buffalo Chicken Wrap Cucumber & Tomato Cup Fruit Punch Fresh Apple	8-Oct Chef Taco or Veggie Taco Salad w/ Tortilla Rounds Old Bay Chicken Salad Wrap Bean & Corn Salsa Orange Wedges Fresh Pear	9-Oct Chef Salad w/Chicken Nuggets or Veggie Nuggets w/ Dinner Roll Chicken Nuggets Wrap Parmesan Potatoes Fresh Pear Fruit Cup	10-Oct Chef Salad w/ Fajita Chicken or White Bean Chili & Pretzel Chicken Caesar Wrap Celery Sticks w/Ranch Banana Apple Sauce	11-Oct
14-Oct 	15-Oct Chef Taco or Veggie Taco Salad w/ Tortilla Rounds Old Bay Chicken Salad Wrap Bean & Corn Salsa Orange Wedges Fresh Pear	16-Oct Chef Salad w/Crispy Chicken or White Bean Chili & Biscuit Crispy Chicken Wrap Parmesan Potatoes Fresh Pear Pineapple	17-Oct Chef Salad w/ Turkey or Cheese & Pretzel Turkey & Cheese Wrap Celery Sticks w/Ranch Banana Apple Sauce	18-Oct
21-Oct Chef Salad w/ Teriyaki Beef Nuggets or Veggie Nuggets & Biscuit Buffalo Chicken Wrap Cucumber & Tomato Cup Fruit Punch Fresh Apple	22-Oct Chef Taco or Veggie Taco Salad w/ Tortilla Rounds Old Bay Chicken Salad Wrap Bean & Corn Salsa Orange Wedges Fresh Pear	23-Oct Chef Salad w/Chicken Nuggets or Veggie Nuggets w/ Dinner Roll Chicken Nuggets Wrap Parmesan Potatoes Fresh Pear Pineapple	24-Oct Chef Salad w/ Fajita Chicken or White Bean Chili & Pretzel Chicken Caesar Wrap Celery Sticks w/Ranch Banana Apple Sauce	25-Oct
28-Oct Chef Salad w/ Orange Chicken or Veggie Nuggets & Biscuit Buffalo Chicken Wrap Cucumber & Tomato Cup Fruit Punch Fresh Apple	29-Oct Chef Taco or Veggie Taco Salad w/ Tortilla Rounds Old Bay Chicken Salad Wrap Bean & Corn Salsa Orange Wedges Fresh Pear	30-Oct Chef Salad w/Crispy Chicken or White Bean Chili & Biscuit Crispy Chicken Wrap Parmesan Potatoes Fresh Pear Pineapple	31-Oct Chef Salad w/ Turkey or Cheese & Pretzel Turkey & Cheese Wrap Celery Sticks w/Ranch Banana Apple Sauce	1-Nov No Classes for Scholars

While we will make every effort to serve the planned menu daily, supply chain or transportation challenges, if substitutions are necessary we will use the closest items when possible. We appreciate your patience as we work with our vendors to ensure your children get the best possible meals to fuel their bodies in the classroom. In addition to the offerings listed above, Chef Station can afford daily.



Supper Menu October 2024

30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
Cheese Pizza Caesar Salad Fresh Apple Skim or 1% Fat Milk	Cheeseburger w/Lettuce & Tomatoes Sweet Potato Fries Fruit Cup Skim or 1% Fat Milk	Pasta w/Meatballs & Marinara Seasoned Broccoli Pineapple Skim or 1% Fat Milk	Turkey & Gravy w/ Biscuit Mashed Potatoes Fruit Punch Skim or 1% Fat Milk	Chicken Drumstick w/ Dinner Roll Seasoned Collards Fresh Pear Skim or 1% Fat Milk
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
Pepperoni Pizza Crispy Fries Fresh Apple Skim or 1% Fat Milk	Meatball Sub w/ BBQ Sauce Seasoned Collards Fruit Cup Skim or 1% Fat Milk	Chicken Nuggets w/ WG Dinner Roll Sweet Potato Fries Pineapple Skim or 1% Fat Milk	Beef & Cheese Macaroni Casserole Seasoned Broccoli Fruit Punch Skim or 1% Fat Milk	Orange Chicken w/ Vegetable Fried Rice Stir Fry Vegetables Fresh Pear Skim or 1% Fat Milk
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
	Cheeseburger w/Lettuce & Tomatoes Sweet Potato Fries Fruit Cup Skim or 1% Fat Milk	Pasta w/Meatballs & Marinara Seasoned Broccoli Pineapple Skim or 1% Fat Milk	Turkey & Gravy w/ Biscuit Mashed Potatoes Fruit Punch Skim or 1% Fat Milk	Chicken Drumstick w/ Dinner Roll Seasoned Collards Fresh Pear Skim or 1% Fat Milk
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
Pepperoni Pizza Crispy Fries Fresh Apple Skim or 1% Fat Milk	Meatball Sub w/ BBQ Sauce Seasoned Collards Fruit Cup Skim or 1% Fat Milk	Chicken Nuggets w/ WG Dinner Roll Sweet Potato Fries Pineapple Skim or 1% Fat Milk	Beef & Cheese Macaroni Casserole Seasoned Broccoli Fruit Punch Skim or 1% Fat Milk	Orange Chicken w/ Vegetable Fried Rice Stir Fry Vegetables Fresh Pear Skim or 1% Fat Milk
28-Oct	29-Oct	30-Oct	31-Oct	1-Nov
Cheese Pizza Caesar Salad Fresh Apple Skim or 1% Fat Milk	Cheeseburger w/Lettuce & Tomatoes Sweet Potato Fries Fruit Cup Skim or 1% Fat Milk	Pasta w/Meatballs & Marinara Seasoned Broccoli Pineapple Skim or 1% Fat Milk	Turkey & Gravy w/ Biscuit Mashed Potatoes Fruit Punch Skim or 1% Fat Milk	No Classes for Scholars

While we will make every effort to serve the planned menu daily, from time-to-time shortages from suppliers may occur. If substitutions are necessary we will use like or similar items whenever possible. We appreciate your patience as we work with our vendors to ensure your scholars get the best possible meals to fuel their success in the classroom.