



OCTOBER

HIGH SCHOOL 9-12

Grab & Go

Monday 28-Sep	Tuesday 29-Sep	Wednesday 30-Sep	Thursday 1-Oct	Friday 2-Oct
<p>LUNCH ENTRÉE (Select One):</p> <p>Three Cheese Ravioli with Roasted Zucchini & a Dinner Roll</p> <p>Breaded Chicken, Roasted Vegetables & a Dinner Roll</p> <p>Assorted Sandwiches</p> <p>Chicken Patty Sandwich</p> <p>FRUIT & VEGETABLES (Take One of Each):</p> <p>Broccoli Florets or Baby Carrots with Ranch Dressing</p> <p>Strawberry Cup</p> <p>Choice of Chocolate or White Milk</p>	<p>LUNCH ENTRÉE (Select One):</p> <p>Three Cheese Ravioli with Roasted Zucchini & a Dinner Roll</p> <p>Assorted Sandwiches</p> <p>Corn Salad</p> <p>Berry Mix</p> <p>FRUIT & VEGETABLES (Take One of Each):</p> <p>Corn Salad</p> <p>Assorted Fresh Fruit</p> <p>Choice of Chocolate or White Milk</p>	<p>LUNCH ENTRÉE (Select One):</p> <p>Buddha Bowls with Roasted Chickpeas, Shredded Vegetables, and Asian Sauce</p> <p>Three Cheese Ravioli with Roasted Zucchini & a Dinner Roll</p> <p>Assorted Sandwiches</p> <p>Cheeseburger</p> <p>FRUIT & VEGETABLES (Take One of Each):</p> <p>Spiced Chickpeas or Green Pepper Strips</p> <p>Applesauce Cup</p> <p>Choice of Chocolate or White Milk</p>		
5-Oct	6-Oct	7-Oct	8-Oct	9-Oct
<p>LUNCH ENTRÉE (Select One):</p> <p>Thai Noodle Salad with Grilled Chicken</p> <p>Mac & Cheese, Chicken Nuggets & Roasted Broccoli</p> <p>Assorted Sandwiches</p> <p>Chicken Patty Sandwich</p> <p>FRUIT & VEGETABLES (Take One of Each):</p> <p>Broccoli Florets or Baby Carrots with Ranch Dressing</p> <p>Strawberry Cup</p> <p>Choice of Chocolate or White Milk</p>	<p>LUNCH ENTRÉE (Select One):</p> <p>Thai Noodle Salad with Grilled Chicken</p> <p>Assorted Sandwiches</p> <p>FRUIT & VEGETABLES (Take One of Each):</p> <p>Cucumber Slices with Dip</p> <p>Assorted Fresh Fruit</p> <p>Choice of Chocolate or White Milk</p>	<p>LUNCH ENTRÉE (Select One):</p> <p>Thai Noodle Salad with Grilled Chicken</p> <p>Mac & Cheese, Chicken Nuggets & Roasted Broccoli</p> <p>Assorted Sandwiches</p> <p>Cheeseburger</p> <p>FRUIT & VEGETABLES (Take One of Each):</p> <p>Honey Roasted Chickpeas or Corn Salad</p> <p>Applesauce Cup</p> <p>Choice of Chocolate or White Milk</p>		
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct
<p>LUNCH ENTRÉE (Select One):</p> <p>Spaghetti & Meatballs with Roasted Vegetables</p> <p>Ham & Cheese Sandwich with Chips</p> <p>Assorted Sandwiches</p> <p>Chicken Patty Sandwich</p> <p>FRUIT & VEGETABLES (Take One of Each):</p> <p>Cucumber Slices or Baby Carrots with Ranch Dressing</p> <p>Strawberry Cup</p> <p>Choice of Chocolate or White Milk</p>	<p>LUNCH ENTRÉE (Select One):</p> <p>Ham & Cheese Sandwich with Chips</p> <p>Assorted Sandwiches</p> <p>Corn Salad</p> <p>Berry Mix</p> <p>FRUIT & VEGETABLES (Take One of Each):</p> <p>Roasted Ranch Chickpeas</p> <p>Assorted Fresh Fruit</p> <p>Choice of Chocolate or White Milk</p>	<p>LUNCH ENTRÉE (Select One):</p> <p>Chicken Tenders, Dinner Roll, Roasted Parmesan Carrots & Fresh Baked Cookie</p> <p>Ham & Cheese Sandwich with Chips</p> <p>Assorted Sandwiches</p> <p>Cheeseburger</p> <p>FRUIT & VEGETABLES (Take One of Each):</p> <p>Corn Salad or Broccoli Florets with Ranch Dressing</p> <p>Applesauce Cup</p> <p>Choice of Chocolate or White Milk</p>		

19-Oct	20-Oct	21-Oct	22-Oct	23-Oct
<p>LUNCH ENTRÉE (Select One): Meatball Sub with Side Salad BBQ Chicken, Cornbread & Coleslaw Assorted Sandwiches Chicken Patty Sandwich</p> <p>FRUIT & VEGETABLES (Take One of Each): Cucumber Slices or Baby Carrots with Ranch Dressing Strawberry Cup Choice of Chocolate or White Milk</p>	<p>LUNCH ENTRÉE (Select One): Meatball Sub with Side Salad Assorted Sandwiches</p> <p>FRUIT & VEGETABLES (Take One of Each): Roasted Ranch Chickpeas Assorted Fresh Fruit Choice of Chocolate or White Milk</p>	<p>LUNCH ENTRÉE (Select One): Chicken Quesadillas BBQ Chicken, Cornbread & Coleslaw Assorted Sandwiches Cheeseburger</p> <p>FRUIT & VEGETABLES (Take One of Each): Corn Salad or Broccoli Florets with Ranch Dip Mandarin Oranges and Assorted Fruit Juice Choice of Chocolate or White Milk</p>	<p>LUNCH ENTRÉE (Select One): Three Cheese Ravioli with Roasted Zucchini & a Dinner Roll Breaded Chicken, Roasted Vegetables & a Dinner Roll Assorted Sandwiches Chicken Patty Sandwich</p> <p>FRUIT & VEGETABLES (Take One of Each): Broccoli Florets or Baby Carrots with Ranch Dressing Strawberry Cup Choice of Chocolate or White Milk</p>	<p>LUNCH ENTRÉE (Select One): Three Cheese Ravioli with Roasted Zucchini & a Dinner Roll Assorted Sandwiches Berry Mix</p> <p>FRUIT & VEGETABLES (Take One of Each): Corn Salad Assorted Fresh Fruit Choice of Chocolate or White Milk</p>
26-Oct	27-Oct	28-Oct	29-Oct	30-Oct
<p>LUNCH ENTRÉE (Select One): Buddha Bowls with Roasted Chickpeas, Shredded Vegetables, and Asian Sauce Three Cheese Ravioli with Roasted Zucchini & a Dinner Roll Assorted Sandwiches Cheeseburger</p> <p>FRUIT & VEGETABLES (Take One of Each): Spiced Chickpeas or Green Pepper Strips Applesauce Cup Choice of Chocolate or White Milk</p>	<p>LUNCH ENTRÉE (Select One): Buddha Bowls with Roasted Chickpeas, Shredded Vegetables, and Asian Sauce Three Cheese Ravioli with Roasted Zucchini & a Dinner Roll Assorted Sandwiches Cheeseburger</p> <p>FRUIT & VEGETABLES (Take One of Each): Spiced Chickpeas or Green Pepper Strips Applesauce Cup Choice of Chocolate or White Milk</p>	<p>LUNCH ENTRÉE (Select One): Buddha Bowls with Roasted Chickpeas, Shredded Vegetables, and Asian Sauce Three Cheese Ravioli with Roasted Zucchini & a Dinner Roll Assorted Sandwiches Cheeseburger</p> <p>FRUIT & VEGETABLES (Take One of Each): Spiced Chickpeas or Green Pepper Strips Applesauce Cup Choice of Chocolate or White Milk</p>	<p>LUNCH ENTRÉE (Select One): Buddha Bowls with Roasted Chickpeas, Shredded Vegetables, and Asian Sauce Three Cheese Ravioli with Roasted Zucchini & a Dinner Roll Assorted Sandwiches Cheeseburger</p> <p>FRUIT & VEGETABLES (Take One of Each): Spiced Chickpeas or Green Pepper Strips Applesauce Cup Choice of Chocolate or White Milk</p>	<p>LUNCH ENTRÉE (Select One): Buddha Bowls with Roasted Chickpeas, Shredded Vegetables, and Asian Sauce Three Cheese Ravioli with Roasted Zucchini & a Dinner Roll Assorted Sandwiches Cheeseburger</p> <p>FRUIT & VEGETABLES (Take One of Each): Spiced Chickpeas or Green Pepper Strips Applesauce Cup Choice of Chocolate or White Milk</p>

The Food Service Staff continues to work in safe and sanitary conditions to prepare and provide meals to our students. Every day we follow FDA Food Safety standards of frequent and thorough hand washing, wearing gloves and hairnets and not reporting to work if sick. If you have any questions about our meal service during this time please contact: Sarah Ginn at 610.670.0180 x 1147 I will return your call as quickly as possible.

