







October 2019 Jr/Sr High Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SKIPPING INTO FALL!</p> 	<p>1 Breakfast English Muffin Sausage Patti Sandwich or Cereal</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Cheese Burger on a Bun Baked Beans Steamed Corn</p>	<p>2 Breakfast Combo Bar or Cereal with Toast</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Marinara Pasta Sauce Spiral Pasta Garlic Toast</p>	<p>3 Breakfast Cheese Omelet or Cereal with Toast</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Soft Shell Taco Cilantro Lime Rice Refried Beans</p>	<p>4 Breakfast Powdered Sugar Donut Holes or Cereal w/Cheese Stick</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Scalloped Potatoes with Ham Bread and Butter</p>
<p>7 Breakfast Scrambled Eggs or Cereal with Toast</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Chicken Nuggets Crispy Seasoned Wedges Bread and Butter</p>	<p>8 Breakfast French Toast Bites or or Cereal with Yogurt Cup</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Hot Ham and Cheese on a Croissant Pasta Veggie Salad Baked Chips</p>	<p>9 Breakfast Breakfast Bagel Pizza with Cereal</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Cuban Sandwich Sun Chips Sidekick Juice</p>	<p>10 Breakfast Apple Cinnamon Muffin or or Cereal w/Cheese Stick</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Taco Pizza Tortilla Chips Salsa</p>	<p>11 Breakfast Pancake on a Stick or Cereal with Toast</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Tator Tot Hotdish Steamed Peas Bread and Butter</p>
<p>14 NO SCHOOL COME OUT AND CELEBRATE OUR LINCOLN HORNET ATHLETES!</p>  <p>National School Lunch Week</p>	<p>15 Breakfast Combo Bar or Cereal with Toast</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE BBQ on a Bun Baked Beans Baked Chips</p> 	<p>16 Breakfast Banana Bread or Cereal</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Breaded Chicken Patti on a Bun Baked French Fries Hooray Sidekick Juice</p>	<p>17 Breakfast Fruit/Yogurt Parfait or Cereal w/Giant Goldfish Grahams</p>  <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Chicken Quesadilla Chipotle Rice and Beans</p>	<p>18 Breakfast Strawberry Blast Pancakes or Cereal with Cheese Stick</p>  <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Cheese Stuffed Bread Stick Marinara/Steamed Broccoli</p>

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21 Breakfast Breakfast Burrito or Cereal with Toast PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE General Tso's Chicken Seasoned Rice Stir Fry Vegetables Fortune Cookie	22 Breakfast Bagel with Cr Cheese or Cereal w/Yogurt Cup PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Lasagna Rollup Steamed Broccoli Garlic Knot	23 Breakfast Oatmeal or Cereal with Cinnamon Toast PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Turkey Gravy Mashed Potatoes Dinner Rolls and Butter	24 Breakfast Blueberry Muffin or Cereal with Cheese Stick PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Nachos - Tortilla Chips Taco Meat Refried Beans	25 Breakfast Pancake on a Stick or Cereal with Toast PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Breaded Spicy Chicken Patti on a Pretzel Roll Baked Beans
28 Breakfast Frosted Cinnamon Roll or Cereal with Cheese Stick PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Taco Chili Corn Bread Eek Sidekick Juice	29 Breakfast Combo Bar or Cereal with Toast PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Corndog Baked Beans Doritos	30 Breakfast Breakfast Egg Sandwich or Cereal with Toast PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Hot Beef on a Bun Baked Chips Steamed Corn	31 Breakfast Zucchini Bread or Cereal PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Hot Dog on a Bun Macaroni and Cheese Giant Goldfish Graham EEEK Sidekick Juice	Nov. 1st Breakfast Breakfast Pizza or Cereal with Toast PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Cheese Burger on a Bun Seasoned Potato Wedges
MILK CHOICES CHOCOLATE SKIM WHITE 1 % WHITE SKIM	GARDEN BAR VEGETABLES CRISP ROMAINE EVERY DAY, CARROTS, CUCUMBER SLICES, CHERRY TOMATOES, SNAP PEAS, CAULIFLOWER, RADISHES, JICAMA, BROCCOLI AND RED/GREEN PEPPERS	GARDEN BAR FRUIT FRESH & CANNED & FROZEN APPLE SLICES, ORANGE WEDGES, GRAPES, PEARS, STRAWBERRIES, BLUEBERRIES, PEACHES, MANDARIN ORANGES, PINEAPPLE, AND APPLESAUCE.	Jackson in Action  www.jacksoninaction.org	