



FOOD FOCUS: AUTUMN SQUASH

CAIRO JR/SR HIGH SCHOOL 9-12: October 1st -5th , 2018 LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

American Classics	Sloppy Joe on Bun	Beef Nachos	Salisbury Steak / Dinner Roll	Pepperoni Pizza Pasta Bake	No School
			Vegetable Pasta Salad		
Sides For All Meals	Oven Baked Fries	Tater Tots	Mashed Potatoes	Green Beans	
Wild Greens	Ham & Turkey Chef Salad w/ Croutons and Dinner Roll	Ham & Turkey Chef Salad w/ Croutons and Dinner Roll	Ham & Turkey Chef Salad w/ Croutons and Dinner Roll	Ham & Turkey Chef Salad w/ Croutons and Dinner Roll	
2. mato	Pepperoni Pizza	Buffalo Pizza	Pepperoni Pizza	Beef Taco Pizza	
	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	
grill'd	Three Cheese Pretzel Bun	Classic American Cheeseburger	Crispy Chicken Sandwich	Spicy Chicken Sandwich	
	Caesar Salad	Caesar Salad	Caesar Salad	Caesar Salad	
extra extra	Fresh Broccoli Florets	Mexican Style Refried Beans	Fresh Carrots	Sliced Cucumbers	
	Mixed Fruit	Fruit Punch Juice	Chilled Peaches	Baked Apple Slices	
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	
<p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes & Two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p> <p style="text-align: center;">This Institution is an equal opportunity employer and provider. Menu may change without notice.</p>					



FOOD FOCUS: AUTUMN SQUASH

CAIRO Jr/Sr HIGH 9-12 SCHOOL: OCTOBER 8th - 12th, 2018 LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

American Classics	No School	Soft Shell Taco	Chicken Alfredo	Chicken Nuggets	Pepperoni Pizza
		w/ Lettuce	Herb Breadstick	Dinner Roll	
Sides For All Meals		Tater Tots	Seasoned Corn	Mashed Potatoes	Savory Green Beans
Wild Greens		Ham & Turkey Chef Salad/Croutons & Dinner Roll	Ham & Turkey Chef Salad/Croutons & Dinner Roll	Ham & Turkey Chef Salad/Croutons & Dinner Roll	Ham & Turkey Chef Salad/Croutons & Dinner Roll
2 tomato		Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	
		Buffalo Chicken Pizza	Cheese Pizza	Taco Pizza	Cheese Pizza
grill'd		Classic American Cheeseburger	Crispy Chicken Sandwich	Spicy Chicken Sandwich	Corn Dog
extra extra		Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad
		Seasoned Refried Beans	Fresh Broccoli Florets	Cherry Tomatoes	Marinated Cool Cucumbers
	Pineapple Tidbits	Rosy Applesauce	Orange Juice	Kiwi Strawberry Sidkick	
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	
<p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes & two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p> <p>This institution is an equal opportunity provider.</p>					



FOOD FOCUS: Autumn Squash

CAIRO Jr/Sr HIGH SCHOOL 9-12: October 15th-19th , 2018 LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

American Classics	Chicken Parmesan	Taco Nachos	Mini Corn Dogs	Pancakes w/ Syrup	No School
	over Rotini Pasta			Pork Sausage Patties	
Sides For All Meals	Garlic Mashed Potatoes	Tater Tots	Curly Fries	Hash Brown Patty	
Wild Greens	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	
	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	
	Cheese Pizza	Buffalo Chicken Pizza	Cheese Pizza	Taco Pizza	
	Three Cheese Pretzel Sandwich	Cheeseburger	Crispy Chicken Sandwich	Spicy Chicken Sandwich	
	Caesar Salad	Caesar Salad	Caesar Salad	Caesar Salad	
	Fresh Cherry Tomatoes	Refried Beans	Fresh Broccoli	Fresh Baby Carrots	
	Mixed Fruit	Chilled Peaches	Mandarin Oranges and Pineapples	Baked Apple Slices	
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	
<p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes & two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p> <p style="text-align: center;">This institution is an equal opportunity employer and provider.</p>					



FOOD FOCUS: Autumn Squash

CAIRO Jr/Sr HIGH SCHOOL 9-12: October 22nd -26th, 2018 LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

American Classics	Chicken Tenders	Beef Soft Shell Tacos	Spaghetti w/ Italian Meatsauce	Home-Style Meatloaf	Cheese Stuffed Breadsticks
	Dinner Roll		Breadstick	Dinner Roll	w/ Marinara Sauce
Sides For All Meals	Seasoned Potato Wedges	Tater Tots	Savory Green Beans	Garlic Mashed Potatoes	Seasoned Corn
Wild Greens	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll
2 tomato	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
	Cheese Pizza	Buffalo Chicken Pizza	Cheese Pizza	Taco Pizza	Cheese Pizza
grill'd	Three Cheese Pretzel Sandwich	Cheeseburger	Crispy Chicken Sandwich	Spicy Chicken Sandwich	Corn Dog
extra extra	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad	Lettuce & Tomato Salad
	Fresh Broccoli	Refried Beans	Fresh Baby Carrots	Marinated Cucumbers	Carrot and Celery Sticks
	Chilled Peaches	Mandarin Oranges & Pineapple Tidbits	Chilled Pears with Strawberries	Fresh Red Grapes	Blur Raspberry Lemon Slush
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
<p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes & two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p> <p style="text-align: center;">This institution is an opportunity provider.</p>					



FOOD FOCUS: Autumn Squash

CAIRO Jr/Sr HIGH SCHOOL 9-12: October 29th -31st, 2018 LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

 	American Classics	General Tso's Chicken	Beef Soft Shell Tacos	Spaghetti w/ Italian Meatsauce			
		Dinner Roll		Breadstick			
	Sides For All Meals	Garlic Parmesan Roasted Potatoes	Tater Tots	Savory Green Beans			
	Wild Greens	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll			
		Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza			
		Cheese Pizza	Buffalo Chicken Pizza	Cheese Pizza			
		Three Cheese Pretzel Sandwich	Cheeseburger	Crispy Chicken Sandwich			
		Caesar Salad	Caesar Salad	Caesar Salad			
		Fresh Broccoli	Refried Beans	Sliced Cucumbers			
		Mixed Fruit	Fruit Punch Juice	Chilled Peaches			
		Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit			
	<p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes & two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p> <p style="text-align: center;">This institution is an opportunity provider.</p>						