



October 2018 - Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h2>Grades 9-12 Lunch</h2> <p><i>MENUS ARE SUBJECT TO CHANGE</i></p>				
10-1 ** Bean & Cheese Pupusa Curtido Slaw -V ** Toasted Cheese Sandwich -V ** Yogurt Parfait Wholesome Granola -V * Crinkle Cut Potatoes * Petite Baby Carrots - S * Fruit - S * Fruit Juice * Got Milk	10-2 ** Pork Egg Rolls ** Deli Turkey & Cheese Sandwich ** Tuna Salad Plate * Pretzel Roll * Sweet Corn * Fresh Garden Salad * Fruit - S * Frozen Juice Cup * Got Milk	10-3 ** Zesty Beef Chalupa with Rice ** Pastrami & Cheese Croissant ** Chicken Caesar & Cheesy Bread * Fiesta Pinto Beans * Petite Baby Carrots - S * Fruit * Fruit Juice * Got Milk	10-4 ** Smokin' BBQ Rib Sandwich ** California Chicken Wrap ** Chinese Chicken Salad * Aloha Roll - S * Waffle Fries * Kale Salad * Fruit Cup * Fruit Juice * Got Milk	10-5 ** Tangerine Chicken & Fried Rice Bowl ** Classic Tuna Sandwich ** Chicken Caesar & Cheesy Bread * Broccoli Buds * Petite Baby Carrots - S * Fruit - S * Frozen Juice Cup * Got Milk
10-8 * Bean & Cheese Bowl -V * Crunchy Tortilla Chips ** Toasted Cheese Sandwich -V ** Yogurt Parfait Wholesome Granola -V * Sweet Corn * Petite Baby Carrots - S * Fruit - S * Fruit Juice * Got Milk	10-9 ** Turkey Burger ** Yellow Submarine Sandwich ** Tuna Salad Plate * Pretzel Roll * Roasted Potato Wedges * Fresh Garden Salad * Fruit - S * Frozen Juice Cup * Got Milk	10-10 ** Philly Cheese Steak Sandwich ** Pastrami & Cheese Croissant ** Chicken Caesar & Cheesy Bread * Fiesta Pinto Beans * Petite Baby Carrots - S * Fruit * Fruit Juice * Got Milk	10-11 * Salisbury Steak with Gravy * Artisan Roll - S ** California Chicken Wrap ** Chinese Chicken Salad * Aloha Roll - S * Fluffy Mashed Potatoes * Cucumber Coins * Fruit Cup * Fruit Juice * Got Milk	10-12 ** Café LA Burger or Café LA Cheeseburger ** Classic Tuna Sandwich ** Chicken Caesar & Cheesy Bread * Fresh Garden Salad * Petite Baby Carrots - S * Fruit - S * Frozen Juice Cup * Got Milk
10-15 ** Cheesy Veggie Burger Sliders -V ** Toasted Cheese Sandwich -V ** Yogurt Parfait Wholesome Granola -V * Waffle Fries * Petite Baby Carrots - S * Fruit - S * Fruit Juice * Got Milk	10-16 * Oven Fried Chicken Drumstick * Corn Muffin ** Deli Turkey & Cheese Sandwich ** Tuna Salad Plate * Pretzel Roll * Fiesta Pinto Beans * Fresh Garden Salad * Fruit - S * Frozen Juice Cup * Got Milk	10-17 ** Mama's Meatball Sub ** Pastrami & Cheese Croissant ** Chicken Caesar & Cheesy Bread * Golden Hash Brown Patties * Petite Baby Carrots - S * Fruit - S * Fruit Juice * Got Milk	10-18 ** Teriyaki Beef Dipper Rice Bowl ** California Chicken Wrap ** Chinese Chicken Salad * Aloha Roll - S * Broccoli Buds * Cucumber Salad * Fruit Cup * Fruit Juice * Got Milk	10-19 ** Whole Grain Rich Pepperoni Pizza ** Classic Tuna Sandwich ** Chicken Caesar & Cheesy Bread * Sweet Corn * Petite Baby Carrots - S * Fruit - S * Frozen Juice Slush * Got Milk



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10-22 ** Chile Cheese Tamale - V ** Toasted Cheese Sandwich - V ** Yogurt Parfait Wholesome Granola - V * Fiesta Pinto Beans * Petite Baby Carrots - S * Fruit - S * Fruit Juice * Got Milk	10-23 * Chicken Tenders * Southern Buttermilk Biscuit ** Yellow Submarine Sandwich ** Tuna Salad Plate * Pretzel Roll * Roasted Potato Wedges * Cucumber Coins * Fruit - S * Frozen Juice Cup * Got Milk	10-24 * Taco Bean Dip * Crunchy Tortilla Chips ** Pastrami & Cheese Croissant ** Chicken Caesar & Cheesy Bread * Sweet Corn * Petite Baby Carrots - S * Fruit - S * Fruit Juice * Got Milk	10-25 ** Turkey Burger ** California Chicken Wrap ** Chinese Chicken Salad * Aloha Roll - S * Petite Baby Carrots - S * Fresh Garden Salad * Fruit - S * Fruit Juice * Got Milk	10-26 ** Manager's Choice ** Classic Tuna Sandwich ** Chicken Caesar & Cheesy Bread * Fluffy Mashed Potatoes * Celery Sticks * Fruit - S * Frozen Juice Cup * Got Milk
10-29 ** Bean & Cheese Pupusa Curtido Slaw - V ** Toasted Cheese Sandwich - V ** Yogurt Parfait Wholesome Granola - V * Crinkle Cut Potatoes * Petite Baby Carrots - S * Fruit - S * Fruit Juice * Got Milk	10-30 ** Pork Egg Rolls ** Deli Turkey & Cheese Sandwich ** Tuna Salad Plate * Pretzel Roll * Sweet Corn * Fresh Garden Salad * Fruit - S * Frozen Juice Cup * Got Milk	10-31 ** Zesty Beef Chalupa with Rice ** Pastrami & Cheese Croissant ** Chicken Caesar & Cheesy Bread * Fiesta Pinto Beans * Petite Baby Carrots - S * Fruit - S * Fruit Juice * Got Milk		

All of the Grain/Bread items served are whole grain.

Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat

★: For a reimbursable meal, pick at least 3 ★'s. **One** ★ must be a fruit or vegetable

S: Items with an (**S**) can be saved for later

V: Vegetarian items

**Farm Fresh Fruits: Apple, Orange, Banana