



# West Orange-Stark High School

## October 2019



### ~ MENU ~

Daily offerings include variety fruit & vegetables, juice, and assortment of milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>01 Breakfast</b> Cheese & Sausage Quesadilla, Fruit, Assorted Cereals <b>Lunch</b> Penne w. Italian Meat Sauce Chicken Enchiladas Chicken Salad Sub <b>MTO Potato Bar</b>	<b>03 Breakfast</b> Scr. Eggs w/Cheese & Cheese, Hash Brown Fruit, Assorted Cereals <b>Lunch</b> Popcorn Chicken Bowl Philly Cheesesteak Buffalo Popcorn Chicken Salad <b>Assorted Pizza</b>	<b>04 Breakfast</b> Bacon Egg & Cheese Flatbread, Fruit, Assorted Cereals <b>Lunch</b> Beef & Cheese Nachos Spicy Turkey Sandwich Hamburger/Cheeseburger <b>MTO Potato Bar</b>	<b>05 Breakfast</b> Cheesy Ham, Egg & Potato Bite Tacos Fruit, Assorted Cereals <b>Lunch</b> Meatloaf w. Topping Bacon Cheeseburger  <b>Asst. Deli, Pizza, &amp; Salad</b>
<b>07 Breakfast</b> Waffle, Fruit, Assorted Cereals <b>Lunch</b> Salisbury Steak w. Parsley Noodles Pepperoni Pizza Sticks Grilled Ham & Cheese Honey Mustard Chicken Wrap <b>Assorted Pizza</b>	<b>09 Breakfast</b> Sausage Biscuit Fruit, Assorted Cereals <b>Lunch</b> Tater Bite Beef Nachos Hamburger/Cheeseburger Popcorn Chicken Salad <b>MTO Potato Bar</b>	<b>10 Breakfast</b> Ham & Cheese Breakfast Roll, Fruit, Assorted Cereals <b>Lunch</b> Chicken & Waffles Fish Sandwich Chicken Ranch Club Flatbread Ham & Cheese Sub <b>Assorted Pizza</b>	<b>10 Breakfast</b> Sausage Breakfast Pizza Fruit, Assorted Cereals <b>Lunch</b> Orange Popcorn Chicken & Broccoli BBQ Chicken w. Dinner Roll Chicken Quesadilla Ranch Chicken Salad <b>MTO Potato Bar</b>	<b>11 Breakfast</b> Bacon, Egg, & Cheese Flatbread, Assorted Cereals <b>Lunch</b> Chicken Carbonara Chicken Bacon Melt BBQ Chicken Flatbread Corn Dog <b>Asst. Deli, Pizza, &amp; Salad</b>
<b>14 Breakfast</b> French Toast Sticks Fruit, Assorted Cereals <b>Lunch FUEL WEEK!</b> <b>Chicken Pastor Tacos</b> Hang Time Basket Atomic Burger All-American Cobb Salad <b>Assorted Pizza</b>	<b>16 Breakfast</b> Sausage & Cheese Biscuit, Fruit, Juice, Milk Assorted Cereals <b>Lunch FUEL WEEK!</b> <b>Chicken Pastor Taco</b> Chicken Parmesan Beef Soft Tacos Tuna Salad Platter w. Goldfish <b>MTO Potato Bar</b>	<b>16 Breakfast</b> Scr. Eggs w/Ham & Cheese, Hash Brown, Fruit, Assorted Cereals <b>Lunch FUEL WEEK!</b> <b>Chicken Pastor Taco</b> Chili Cheese Baked Potato Meatball Pizza Sub <b>Assorted Pizza</b>	<b>18 Breakfast</b> Frosted Blueberry Pop tart Fruit, Assorted Cereals <b>Lunch</b> Beef & Cheese Nachos Hamburger/Cheeseburger Diced Buffalo Chicken Salad <b>MTO Potato Bar</b>	<b>19 Breakfast</b> Pancake on a Stick, Fruit, Assorted Cereals <b>Lunch FUEL WEEK!</b> <b>Chicken Pastor Tacos</b> Chicken Fried Steak Fingers <b>Asst. Deli, Pizza, &amp; Salad</b>
<b>21 Breakfast</b> Frosted Blueberry Pop tart Fruit, Assorted Cereals <b>Lunch</b> Fish Sticks w. Macaroni & Cheese Chili Cheese Hot Dog on Pretzel Bun <b>Assorted Pizza</b>	<b>22 Breakfast</b> Orange Glazed Cinnamon Roll, Fruit, Assorted Cereals <b>Lunch Discovery Day!</b> Rotini w/Italian Meat Sauce Hamburger/Cheeseburger Chicken Tenders Spicy Chicken and Cheddar Salad <b>MTO Potato Bar</b>	<b>23 Breakfast</b> Scr. Eggs w/Cheese, Hash brown, Assorted Cereals <b>Lunch</b> Baked Chicken Alfredo Pasta Bacon Cheeseburger Nashville Hot Boneless Wings Ham, Turkey & Cheese Wrap <b>Assorted Pizza</b>	<b>24 Breakfast</b> Bacon Egg, & Cheese Breakfast Tacos, Assorted Cereals <b>Lunch</b> Popcorn Chicken Bowl Beef & Bean Burrito Turkey Chef Salad <b>MTO Potato Bar</b>	<b>25 Breakfast</b> Strawberry Cream Cheese Bagel, Assorted Cereals <b>Lunch</b> Cajun Chili Cheese Fries BBQ Bacon Chicken Melt <b>Asst. Deli, Pizza, &amp; Salad</b>
<b>28 Breakfast</b> Waffle, Fruit, Assorted Cereals <b>Lunch</b> Chicken Fried Steak w. Dinner Roll BBQ Riblet Turkey Santa Fe Wrap <b>Assorted Pizza</b>	<b>29 Breakfast</b> Bacon, Egg, & Cheese Melt, Fruit, Assorted Cereals <b>Lunch</b> Beef & Cheese Nachos Hamburger/Cheeseburger Buffalo Chicken Ranch Salad <b>MTO Potato Bar</b>	<b>30 Breakfast</b> Scrambled Eggs, Sausage & Cheese with Hash browns & Toast Fruit, Assorted Cereals <b>Lunch</b> Orange Popcorn Chicken & Broccoli Backyard Burger Ham BaBoom Sub <b>Assorted Pizza</b>	<b>31 Breakfast</b> Maple Glazed Donut, Fruit, Assorted Cereals <b>Lunch ICE CREAM DAY!</b> Baked Lasagna w. Garlic Toast Popcorn Chicken Parmesan Beef Soft Tacos Tuna Salad Platter <b>MTO Potato Bar</b>	<b>Nov 1 Breakfast</b> Sausage Breakfast Pizza, Fruit, Assorted Cereal,  <b>Lunch</b> BBQ Plate Sloppy Joe Sriracha Ranch Chicken and Cheddar Melt <b>Asst. Deli, Pizza, &amp; Salad</b>

### TIME IS RUNNING OUT!

You MUST complete a new application for free or reduced-price meals for this school year by **October 14** or your student will go on paid status!

To complete a new application, go to [www.woccisd.net](http://www.woccisd.net). You can also request a paper application, from your school office or cafeteria.

	Breakfast	Lunch
Full Price	FREE	\$2.10
Reduced Price	FREE	\$0.40
Adult Price	\$2.50	\$3.50

Children may be eligible for free or reduced meals depending upon family size and income standards. Find out by visiting Nutrition Services at [www.woccisd.net](http://www.woccisd.net) OR visit us at 902 W. Park Ave., Orange OR call 409-882-5447.

All menus conform to TDA and USDA standards that regulate the nutritional analysis of these servings. Nutritional analysis are calculated on a week-to-week basis. The WOCISD Child Nutrition Department is committed to helping promote the well-being of students today and tomorrow. USDA is an equal opportunity provider and employer.

Menus are subject to change without notice due to circumstances beyond our control. The most current menu is always posted at [www.woccisd.net](http://www.woccisd.net) under Nutrition Services

