

# October 2019

## Yadkin High School Lunch



### Monday

#### Did You Know?

Columbus Day is celebrated the second Monday every October.

### Tuesday

Soft Shell Beef Taco w/Salsa **1**  
or  
Turkey / Cheese Sandwich  
Romaine/Diced Tomatoes  
Pinto Beans  
Diced Pears

### Wednesday

Chicken Pie w/Roll **2**  
or  
Sloppy Joe Sandwich  
Mashed Potatoes  
Green Beans  
Fruity Jello

### Thursday

Beefaroni w/Garlic Breadstick **3**  
or  
Chicken Fillet Sandwich  
Romaine Salad  
Steamed Corn  
Mixed Fruit

### Friday

Texas Chili & Cornbread Muffin **4**  
or  
Mozzarella Cheese Stix w/ Marinara  
Baked Potato w/Butter  
Baby Carrots w/ Dip  
Sliced Peaches

Spicy Chicken Sandwich **7**  
or  
Meat Ball Sub  
Steamed Broccoli  
Potato Smiles  
Diced Pears  
N.C. Apples

Beef & Cheese Nacho's & Salsa **8**  
or  
Ham/Cheese Hoagie  
Romaine/ Diced Tomatoes  
Fiesta Beans  
Mixed Fruit  
Fresh Grapes & Berries

Turkey/Gravy & Roll **9**  
or  
Pork Chop Sandwich  
N.C. Steamed Collards  
Mashed Potatoes  
Sliced Peaches

Baked Spaghetti w/Garlic Breadstick **10**  
or  
BBQ Sandwich  
Green Bean/Mini Peppers  
Steamed Corn  
Frozen Fruit Cup  
N.C. Apple Slices

Taco Soup w/Cheese & Toasted Cheese Sandwich **11**  
or  
Corndog  
Baby Carrots w/Dip  
Baked Potato w/Butter  
Strawberry-Applesauce  
Cups  
Red D'Anjou Pears

Cheeseburger w/Pickles **14**  
or  
Turkey/ Cheese Sandwich  
Romaine/Sliced Tomatoes  
Potato Wedges  
Frozen Fruit Cup

Chicken Quesdilla w/Salsa **15**  
or  
French Bread Pizza w/Marinara  
Romaine Salad  
Pinto Beans  
Diced Pears

Mac/Cheese w/Roll **16**  
or  
Hotdog w/Chili  
Steamed Carrots  
Garden Salad  
Mixed Fruit

Lasagna w/ Garlic Breadstick **17**  
or  
Rib-B-Q  
Romaine Salad  
Steamed Corn  
Siced Peaches

OW **18**

RW **21**

Popcorn Chicken w/Dip & Roll **22**  
or  
Meat Ball Sub  
Spinach Salad  
Blackeyed Peas  
Applesauce Cups

Teriyaki Bits w/ Roll **23**  
or  
Ham/Cheese Sandwich  
Mashed Potatoes  
Broccoli/Cheese  
Sliced Peaches  
Fresh Blueberries

Ham/Cheese Stromboli w/Marinara **24**  
or  
Pork Chop Sandwich  
Steamed Squash  
Garden Salad  
Diced Pears  
N.C. Apples

Beef Vegetable Soup w/ Toasted Cheese Sandwich **25**  
or  
Corndog  
N.C.Baked Sweet Potato w/ Butter  
Romaine Salad  
Frozen Fruit Cup

French Bread Pizza w/Marinara **28**  
or  
Ham/Cheese Sandwich  
Carrot Stix w/Dip  
Potato Smiles  
Sliced Peaches

Oriental Orange Chicken w/Rice & Roll **29**  
or  
Turkey/Cheese Sandwich  
Pinto Beans  
Spinach Salad  
Mixed Fruit

Chicken Pie w/Roll **30**  
or  
BBQ Sandwich  
Mashed Potatoes  
Cheesy Italian Spinach  
Frozen Fruit Cup

Spookie Spaghetti w/ Goolie Garlic Breadstick **31**  
or  
Haunted Hotdogs w/Chili  
Ghostly Garden Salad  
Creepy Corn  
Boo Baked Apples  
Frighting Fresh Fruit

### A La Carte

Served Daily:  
Chef Salad  
1% or less Milk  
Fresh Fruit

Papa John's Pizza-Monday  
Wednesday and Friday

### School News

USDA and Yadkin County Schools are an equal opportunity provider and employer.

Menu options are subject to change due to availability.

