

OCTOBER | 2022

SHS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>NO SCHOOL</p>	<p>4</p> <p>FALL BREAK</p>	<p>5</p>	<p>6</p>	<p>7</p>
<p>10</p> <p>Fish Sandwich Or Grilled Chicken on Bun Sandwich Toppins Tarter Tots, Cole Slaw Fresh Vegetable Bar Choice of Fruit & Milk</p>	<p>11</p> <p>Sloppy Jo on Bun Or Mexican Chicken on Rice Whole Kernel Corn Steamed Veggie Blend Fresh Vegetable Bar Choice of Fruit & Milk</p>	<p>12</p> <p>Grilled Chicken Patty Or Spaghetti & Meatsauce Roasted Vegetable Steamed Broccoli, Roll Fresh Veggie Bar Choice of Fruit & Milk</p>	<p>13</p> <p>Choice of Pizza Or Turkey & Cheese Wrap Whole Kernel Corn Baby Carrots & Dip Fresh Veggie Bar Choice of Fruit & Milk</p>	<p>14</p> <p>Taco Salad Or Chicken Fajita Brown Rice Buttered Carrots Green Beans Fresh Veggie Bar Choice of Fruit & Milk</p>
<p>17</p> <p>Spicy Chicken Sand. Or Ham & Cheese Wrap Sandwich Toppins French Fries Fresh Vegetable Bar Choice of Fruit & Milk</p>	<p>18</p> <p>Scrambled Eggs Choice of Sausage Patty Or Grilled Ham Slice Hash Brown Patty Tomatoes Biscuit & Gravy Choice of Fruit & Milk</p>	<p>19</p> <p>Salisbury Steak & Gravy Or Baked Turkey & Gravy Mashed Potatoes Green Beans, Roll Fresh Veggie Bar Choice of Fruit & Milk</p>	<p>20</p> <p>Corn Dog Or BBQ Chicken on Bun Corn on the Cob Baked Beans Fresh Vegetable Bar Choice of Fruit & Milk</p>	<p>21</p> <p>Baked Meatloaf Or Gen. Tso Chicken Brown Rice Guttered Peas, Roll Seasoned Carrots Fresh Veggie Bar Choice of Fruit & Milk</p>
<p>24</p> <p>Chili Dog Or Fish Sandwich Baked Chips Baked Beans Cole Slaw Fresh Veggie Bar Choice of Fruit & Milk</p>	<p>25</p> <p>Cheese Ravioli Or Mexican Chicken on Rice Whole Kernel Corn Roasted Vegetable, Roll Fresh Veggie Bar, WG Cookie Choice of Fruit & Milk</p>	<p>26</p> <p>BBQ Rib Sandwich Or Breaded Chicken on Bun Sandwich Toppins French Fries, Cole Slaw Fresh Vegetable Bar Choice of Fruit & Milk</p>	<p>27</p> <p>Choice of Pizza Or Ham & Cheese Wrap Whole Kernel Corn Baby Carrots & Dip Fresh Veggie Bar Choice of Fruit & Milk</p>	<p>28</p> <p>Cheeseburger on Bun Or Spicy Chicken Sand. Sandwich Toppins Tater Tots Baby Carrots & Dip Fresh Veggie Bar Choice of Fruit & Milk</p>
<p>31</p> <p>Spicy Chicken Tenders Or Macaroni, Tomatoes, & Beef, WG Roll Buttered Peas Green Beans, Veggie Bar Choice of Fruit & Milk</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

News

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

BREAKFAST IS SERVED DAILY