October 2024

High School Menu

Freshly Prepared by the Central Kitchen



Monday Tuesday Wednesday Thursday Friday

BREAKFAST

Beef Breakfast Square
-or- Fresh Variety Bagel
w/ Cream Cheese
Side: Strawberry Banana
Smoothie
Side: Various Fruit Cup

Chicken Chili Crispito
w/ Molcajete Salsa
-or- Fresh Baked
Variety Muffin
Side: Various Juice
Side: Dried Cherries

Pancake Pup w/ Pork
Sausage
-or- Ham & Cheese
Croissant
Side: Various Fruit Cup
Side: Variety Vegetable
Juice

Chicken Chili Crispito w/
Molcajete Salsa
-or- Fresh Variety Bagel
w/ Cream Cheese
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Side: Dried Cherries
Side: Various Juice

Side: Various Juice

Chicken Chili Crispito w/

LUNCH

Teriyaki Chicken Bowl with
Fresh Vegetables
-or- Chicken Strip Meal w/
Seasoned Wedges
-or- Kickin Tenders Meal
-or- Spicy Chicken Wrap
Side: Various Juice

Spicy Chicken Sandwich w/
Seasoned Wedges
-or- Beef Burrito
-or- Roasted Turkey
Sandwich
Side: Yakisoba Noodle
Salad
w/ Sesame Dressing

Chicken Pasta Alfredo w/
Garlic Breadstick
-or- Grilled Cheese w/
Tortilla Soup
-or- Beef & Pork Pepperoni
Pizza
-or- Cheese Pizza
Side: Yakisoba Noodle
Salad
w/ Sesame Dressing

Cheeseburger w/ Seasoned
Wedges
-or- Corn Dog w/ Seasoned
Wedges
-or- Spicy Chicken Wrap
Side: Yakisoba Noodle
Salad
w/ Sesame Dressing

Molcajete Salsa &
Sour Cream
-or10/04 & 10/18
Mango Habanero Chicken
Legs w/Cornbread
10/11 & 10/25
Mac & Cheese Chicken
Bowl
-or- Roasted Turkey

fat or lactose-free milk choices.

Breakfast options: Listed entrée or General Mills Whole Grain Cereal with sides.

All meals include: Fat-free, low-

or General Mills Whole Grain
Cereal with sides.

SOIL BORN FARMS
urban agriculture & education project
urban agriculture & education project
Sunbutter Sandwich meal with
Soil Born Farms organic

Soil Born Farms organic
lettuces featured in
Local Seasonal Side Salads

Vegetarian: 💜

sides. 🥍

Select Sites - Additional Menu Items Alternating Weekly:

Week of 10/1 & 10/28/ (M-F):

Southwest Chicken Salad

Week of 10/7 & 10/21 (M, T, Th, F):

Chicken Caesar Salad; (W): Spicy Chicken Wrap

Wednesday Special
October 23rd
Beef Bolognese

Bowl
-or- Roasted Turkey
Sandwich
Side: Harvest Cheddar
Sun Chips
Side: Local Seasonal
Side Salad

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