

# MENU FOR JR. HIGH AND SR. HIGH FOR THE MONTH OF OCTOBER 2021

Breakfast all month is grab and go-we have several options for them to pick from and they take with them to their classroom. Examples-granola bars, cereal, muffins, breakfast bars, pop tarts, hot items, etc.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SIGNATURE BAR</b>				1 Hamburger With Toppings Tator Coins
				8 No school
4 Ravioli Peas Roll	5 Walking Taco Fiesta Lime Corn	6 Chicken Alfredo/Pasta Green Beans Roll	7 Cheesesticks Peas	8 No school
11 Chicken Tenders Red Skin Potatoes	12 Beef Gravy Mashed Potatoes Peas and Carrots Roll	13 Bosco Sticks/Sauce Broccoli	14 Cheesesticks Tri Potatoes	15 Grilled Cheese Tomato Soup
18 BBQ Ham Sandwich Scalloped Potatoes	19 Subs Baked Beans	20 Chicken Quesadilla Mexican Rice	21 Cheesesticks Corn	22 Chicken Patty Potatoes AuGratin
25 NO SCHOOL	26 Chicken Nuggets Parsley Potatoes Roll	27 Chili Cheese dogs Corn Chips	28 Cheesesticks Soup	29 Breakfast Sandwich Tri Potatoes
31 Mac & Cheese Diced Carrots Roll				

<b>GRILL or COLD BAR</b>	Choice of grilled or cold sandwiches daily: example tuna, egg salad, PB&J, sub, Chicken sand., Hamburger, Chicken Tenders, hot dogs or pretzels
<b>PIZZA BAR</b>	Cheese or Pepperoni Pizza Daily
<b>NUTRI/BAR</b>	Fresh Chef or Garden Salads Fresh Fruit/Veg.... apples, grapes, bananas, baby carrots, celery with peanut butter, grape tomatoes

**Known Facts for this year**

We will look a little different and will serve a little different this year. You will get your tray and make sure you have your daily components that make a tray. (Main dish, fruit or vegetable or both and milk.) The different stations are Signature which is what is on the menu for the day. The rest are explained above the known facts. You will have to listen to instructions the first day and we will go from there. It will all be good. Next year will be a phase 2 with a Chipotle like bar offered maybe daily, and Air fryers. We are not allowed to deep fry french fries anymore. Let's be patient with the new changes with each other and have an amazing year. Diane