



HIGH SCHOOL



OCTOBER- GF Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/3/2022	10/4/2022	10/5/2022	10/6/2022	10/7/2022
Ham & Cheese on GF Bun Vegetable of the day French Fries Fresh Vegetable Choice Assorted Fruit Choice of Milk	GF Chicken w/ Mashed Potatoes Vegetable of the day Corn Fresh Vegetable Choice Assorted Fruit Choice of Milk	GF Chicken Tenders w/ GF Roll Vegetable of the day Potato Wedges Fresh Vegetable Choice Assorted Fruit Choice of Milk	Grilled Chicken w/ WG Rice OR Daily alternative Vegetable of the day Oriental Veggies Fresh Vegetable Choice Assorted Fruit Choice of Milk	GF Pizza OR Daily alternative Vegetable of the day Steamed Carrots Fresh Vegetable Choice Assorted Fruit Choice of Milk
10/10/2022	10/11/2022	10/12/2022	10/13/2022	10/14/2022
GF Macaroni & Cheese Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Grilled Chicken Sandwich on GF Bun Vegetable of the day Steamed Green Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	Sausage, Egg & Cheese on GF Muffin Vegetable of the day Hashbrown Fresh Vegetable Choice Assorted Fruit Choice of Milk	Nachos Grande on GF Tortilla Chips Vegetable of the day Corn Fresh Vegetable Choice Assorted Fruit Choice of Milk	GF Pizza Vegetable of the day Steamed Carrots Fresh Vegetable Choice Assorted Fruit Choice of Milk
10/17/2022	10/18/2022	10/19/2022	10/20/2022	10/21/2022
Turkey & Cheese on GF Bun Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Roasted BBQ Chicken w/ GF Bread Vegetable of the day Baked Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Baked Potato Bar Choice of taco meat, cheese sauce, broccoli Vegetable of the day Steamed Broccoli Fresh Vegetable Choices Assorted Fruit Choice of Milk	GF Chicken w/ Rice Vegetable of the day Oriental Veggies Fresh Vegetable Choices Assorted Fruit Choice of Milk	GF Pizza Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk
10/24/2022	10/25/2022	10/26/2022	10/27/2022	10/28/2022
GF Pasta w/ Marinara Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Hot Italian Hoagie on GF Bread Vegetable of the day Steamed Green Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Cheeseburger on GF Bun Vegetable of the day French Fries Fresh Vegetable Choices Assorted Fruit Choice of Milk	Nachos Grande on GF Tortilla Chips Vegetable of the day Black Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	GF Pizza Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk
10/31/2022	11/1/2022	11/2/2022	11/3/2022	11/4/2022
GF Chicken Alfredo Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	BBQ Chicken & Cheddar on GF Flatbread Vegetable of the day Steamed Green Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Hot Ham & Cheese on GF Bun Vegetable of the day French Fries Fresh Vegetable Choices Assorted Fruit Choice of Milk	Chicken Nachos w/ Cheddar Cheese Vegetable of the day Black Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	GF Pizza Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk

ALWAYS AVAILABLE GF
 Chef Salad
 Vegetable Salad
 Hummus w/ Vegetables
 Yogurt Parfait w/ Veggies



What is a Meal?
 Students must choose at least 3/5 components available. A minimum of 1/2 cup serving of fruit AND/OR a minimum of 1/2 cup of vegetable must accompany a reimbursable lunch.

Meat or Meat alternative
 Grain/Bread
 Choice of Vegetable
 Choice of Fruit
 Choice of Milk: 1% white, FF white, FF chocolate, FF vanilla

****STUDENTS MAY TAKE UP TO 1 CUP FRUIT AND 1 CUP VEGETABLE BUT MUST CHOOSE MINIMALLY 1/2 CUP OF FRUIT OR VEGETABLE**

Weekly Vegetable Subgroups May Include:
 Dark Green: Spinach, broccoli, romaine, and spring salad
 Red/Orange: Carrots, Sweet Potatoes, tomatoes and red peppers
 Legumes: Beans
 Starchy: Potatoes, corn, peas, lima beans
 Other Vegetables: Celery, Cucumbers, cauliflower, green

ALA CARTE PRICE FOR MILK \$.65 (A STUDENT CAN TAKE A MILK FOR FREE IF ACCOMPANIED BY 2 OTHER COMPONENTS AND 1 BEING AT LEAST A 1/2 C FRUIT OR VEGETABLE)

FULL AND PART TIME CAFETERIA POSITIONS ARE CURRENTLY AVAILABLE! SEE WEBSITE OR CONTACT THE FOOD SERVICE DEPARTMENT FOR DETAILS
 724-226-2400 xl. 4180