

# LAINGSBURG HIGH SCHOOL ~ OCTOBER 2017 ~ LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 *MOZZARELLA STICKS W/MARINARA SAUCE *TURKEY BURGER W/CHEESE, LETTUCE, & TOMATO GREEN BEANS FRESH FRUIT	3 *FRENCH TOAST STICKS W/SAUSAGE *DOUBLE STUFFED PIZZA HASH BROWNS JUICE RAISINS	4 *SOFT TACO W/MEAT, CHEESE, & LETTUCE *CHEESE QUESADILLA REFRIED BEANS FRESH FRUIT	5 *CHEESE PIZZA *SPICY CHICKEN PATTY SANDWICH BROCCOLI MANDARIN ORANGES	6 *CHICKEN NUGGETS W/ROLL *FISH SANDWICH W/LETTUCE, TOMATO, & CHEESE BABY CARROTS W/RANCH TROPICAL FRUIT
9 *CHEESE PIZZA W/PEPPERONI *HOT HAM & CHEESE SUB CORN SLICED PEACHES	10 *MINI CORN DOGS *CHEESEBURGER W/LETTUCE & TOMATO CARROTS W/RANCH DIP APPLESAUCE	11  $\frac{1}{2}$ DAY NO LUNCH SERVED	12 *SPAGHETTI W/MEATBALLS *FLATBREAD PIZZA ROMAINE SALAD W/DRESSING FRESH FRUIT	13 *POPCORN CHICKEN *BBQ RIBLETS W/ROLL GREEN BEANS PINEAPPLE TIDBITS
16 *DOUBLE STUFFED PIZZA *CHICKEN CHILI W/CRACKERS CAULIFLOWER FRESH FRUIT	17 *MOZZARELLA STICKS W/MARINARA SAUCE *TURKEY CHEESEBURGER SWEET POTATO FRIES SLICED PEARS	18 *WALKING TACO W/MEAT, CHEESE, & LETTUCE *RED CHILI BURRITO SOUTHWESTERN BEANS JUICE RAISINS	19 *PIG-N-BLANKET *HOT HAM & CHEESE SUB BROCCOLI FRESH FRUIT	20 *CHICKEN PATTY W/ROLL *FISH NUGGETS W/ROLL MASHED POTATOES W/GRAVY TROPICAL FRUIT
23 *CHICKEN NUGGETS W/ROLL *FLATBREAD PIZZA GREEN BEANS PINEAPPLE TIDBITS	24 *MINI CORN DOG *PULLED PORK SANDWICH CARROTS W/RANCH DIP MANDARIN ORANGES	25 *SOFT TACO W/MEAT, CHEESE, & LETTUCE *CHICKEN FAJITA W/CHEESE REFRIED BEANS FRESH FRUIT	26 *FRENCH TOAST STICKS W/SAUSAGE *PEPPERONI PIZZA HASH BROWNS FRESH FRUIT	27  $\frac{1}{2}$ DAY NO LUNCH SERVED
30 *MOZZARELLA STICKS W/MARINARA SAUCE *CHEESE QUESADILLA CARROT STICKS W/RANCH SLICED PEACHES	31 *DOUBLE STUFFED PIZZA *SPICY CHICKEN SANDWICH PEAS FRESH FRUIT			

THE FOLLOWING ITEMS WILL BE AVAILABLE DAILY A LA CARTE:

COLD SUBS - HAM OR TURKEY & HOT SUBS - TURKEY, HAM, OR PIZZA, & BOSCO STICKS

MONDAY: CHICKEN CAESAR SALAD

TUESDAY: SOUTHWESTERN SPICY CHICKEN

WEDNESDAY: CHICKEN CAESAR SALAD

THURSDAY: BLT SALAD

FRIDAY: CHICKEN CAESAR SALAD

SALAD BAR:

M-W-F ~ CHEF SALAD W/ TURKEY OR HAM / T & TH ~ TACO SALAD

ADD FRUIT AND MILK TO ANY OF THE ABOVE AND IT COUNTS AS A FULL LUNCH.

Milk is offered with every lunch meal & all milk is 1% white or fat free

We use whole grain/whole wheat for all of our breads, buns, & breading.

Condiments used are: ketchup, mustard, pickles, taco sauce, & sour cream

Dressings used: Ranch, Italian, & Honey mustard

The USDA is an equal opportunity provider and employer.



# OCTOBER 2017 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SAUSAGE PANCAKE ON A STICK FRUIT JUICE	3 CHOICE OF CEREAL TOAST W/JELLY FRESH FRUIT	4 CINNAMON ROLL FRUIT JUICE	5 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE	6 POP TART SAUSAGE FRESH FRUIT
9 CHOICE OF CEREAL TOAST W/JELLY CRAISINS JUICE	10 SCRAMBLED EGGS W/HAM & CHEESE TOAST W/JELLY FRUIT JUICE	11 YOGURT GRAHAM CRACKERS RAISINS JUICE	12 BLUEBERRY MUFFIN SAUSAGE FRUIT JUICE	13 CHOICE OF CEREAL GRAHAM CRACKERS FRESH FRUIT
16 FRENCH TOAST STICKS SAUSAGE FRUIT JUICE	17 CHOICE OF CEREAL TOAST W/JELLY FRUIT JUICE	18 BREAKFAST PIZZA FRUIT JUICE	19 CHOICE OF CEREAL GRAHAM CRACKERS FRESH FRUIT	20 STRAWBERRY CREAM CHEESE BAGEL FRUIT JUICE
23 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE	24 CHEESE OMELET TOAST W/JELLY FRESH FRUIT	25 YOGURT GRAHAM CRACKERS FRUIT JUICE	26 CINNAMON ROLL FRUIT JUICE	27 CHOICE OF CEREAL TOAST W/JELLY RAISINS JUICE
30 APPLE CINNAMON CHEERIOS BAR FRUIT JUICE	31 CHOCOLATE MUFFIN SAUSAGE FRUIT JUICE			