



A reimbursable meal must include at least ½ C. fruit or vegetable.



Alternate Entrees Daily:  
PBJ (w/ Cheese stick HS only)  
Cheese Sandwich

All meals offered are available with choice of 1% or Skim White Milk, or Fat-Free Chocolate Milk Daily w/Meals

\*Baby carrots available as vegetable alternate regardless of entrée selection.

### Monday

**Cheese Pizza OR Buffalo Chicken Pizza** 1

Tossed Salad  
Fresh Fruit  
Diced Peaches

### Tuesday

**Mexican Meatballs Over Traditional Rice and Beans** 2

Stewed Tomatoes  
Strawberry Cup  
Fresh Fruit

### Wednesday

**Cheeseburger OR Classic Burger** 3

Baked Beans  
Potato Wedges  
Pineapple Tidbits  
Fresh Fruit

### Thursday

**Homemade Macaroni & Cheese** 4

Broccoli  
Fresh Fruit  
Mandarin Oranges

### Friday

**Buffalo Chicken Sandwich OR Chicken Sandwich** 5

Sweet Red Pepper Strips  
Fresh Fruit Salad  
Diced Pears

8

**Columbus Day  
No School**

9

**Caribbean Fish & Chips**

Red Pepper & Pineapple Salsa  
Vegetable of the Day  
Fresh Fruit  
Strawberry Cup

10

**Syracuse Burger OR Classic Burger**

Cowboy Beans  
Pineapple Tidbits  
Fresh Fruit

11

**Ravioli w/Sauce OR Garlic Bread (HS Only)**

Tomato Cucumber Salad  
Fresh Fruit  
Mandarin Oranges

12

**Chicken Noodle Soup w/Crackers**

Tossed Salad  
Fresh Fruit  
Diced Pears

15

**Cheese Pizza OR Meat Lovers Pizza**

Carrot Coins  
Fresh Fruit  
Diced Peaches

16

**Meaty Ziti**

Tossed Salad  
Strawberry Cup  
Fresh Fruit

17

**Bacon Burger OR Classic Burger**

Sweet Potato Crisp Cuts  
Pineapple Tidbits  
Fresh fruit

18

**Cheesy Veggie Chili Bowl w/Corn Muffin**

Baked Potato  
Veggie Chili  
Mandarin Oranges  
Fresh Fruit

19

**Curry Chicken & Rice OR MEGA Leg & Corn Muffin**

Cauliflower  
Fresh Fruit Salad  
Diced Pears

22

**Cheese Pizza OR Pepperoni Pizza**

Tossed Salad  
Fresh Fruit  
Diced Peaches

23

**Turkey Taco Bowl w/Lettuce, Cheese & Salsa**

Vegetarian Refried Beans  
Fresh Fruit  
Strawberry Cup

24

**Cheddar Burger OR Classic Burger**

Corn on the Cob  
Fresh Fruit  
Pineapple Tidbits

25

**Toasted Cheese Sandwich**

Chunky Tomato Soup  
Fresh Fruit  
Mandarin Oranges

26

**Chicken & Waffle w/Syrup**

Baked Sweet Potato  
Vegetable of the Day  
Diced Pears

29

**Spooky Turkey Gravy Over Mashed Potatoes**

Carrot Coins  
Fresh Fruit  
Diced Peaches

30

**Superintendent Conference Day  
No School**

31

**Pizza Burger OR Classic Burger**

Tossed Salad  
Fresh Fruit  
Pineapple Tidbits





1% Milk served daily with meals.

### Monday

**Cheese Pizza**

1

Green Peas  
Diced Peaches

### Tuesday

**Mexican Meatballs Over Traditional Rice and Beans**

2

Stewed Tomatoes  
Strawberry Cup

### Wednesday

**Cheeseburger**

3

Potato Wedges  
Pineapple Tidbits

### Thursday

**Homemade Macaroni & Cheese**

4

Broccoli  
Mandarin Oranges

### Friday

**Chicken Sandwich**

5

Sweet Red Pepper Strips  
Fresh Fruit Salad

8

**Columbus Day  
No School**

**Caribbean Fish & Chips**

9

Red Pepper & Pineapple Slices  
Strawberry Cup

**Hamburger**

10

Cowboy Beans  
Pineapple Tidbits

**3 Cheese Lasagna Rollup Or Ravioli**

11

Tomato Cucumber Salad  
Mandarin Oranges

**Chicken Noodle Soup**

12

Tossed Salad  
Diced Pears

**Cheese Pizza OR Meat Lovers Pizza**

15

Carrot Coins  
Diced Peaches

**Meaty Ziti**

16

Tossed Salad  
Strawberry Cup

**Bacon Burger**

17

Sweet Potato Crisp Cuts  
Pineapple Tidbits

**Veggie Chili Bowl and Corn Muffin**

18

Baked Potato  
Mandarin Oranges

**MEGA Leg Chicken & Corn Muffin**

19

Cauliflower  
Diced Pears

**Pepperoni Pizza**

22

Tossed Salad  
Diced Peaches

**Taco Bowl**

23

Salsa  
Strawberry Cup

**Cheddar Burger**

24

Corn on the Cob  
Pineapple Tidbits

**Toasted Cheese Sandwich**

25

Chunky Tomato Soup  
Mandarin Oranges

**Chicken & Waffle**

26

Baked Sweet Potato  
Diced Pears

**Spooky Turkey Gravy**

29

Green Beans  
Diced Peaches

**Superintendent  
Conference Day  
No School**

30

**Classic Burger**

31

Tossed Salad  
Pineapple Tidbits



It is our intent to have these choices available to all students at all times. However, there may be occasions when choices are limited.