



# High School Café Lunch Menu

## October 2017

02

Oven Roasted Chicken  
Drumstick & Dinner Roll  
Pizza: Cheeseburger  
Mexican: Chicken Fajita  
or Nachos  
Salad: Chicken Popcorn  
Seasoned Steamed  
Corn  
Mashed Potatoes

03

Pasta Bolognese &  
Dinner Roll  
Pizza: Chicken Parma  
Mexican: Bean &  
Chicken Burrito or  
Nachos  
Salad: Chicken Caesar  
Green Beans  
Parmesan Potatoes

04

Broccoli Cheese Baked  
Potato & Dinner Roll  
Pizza: Buffalo Chicken  
Mexican: Chicken Tacos  
or Nachos  
Salad: All American  
Chef  
Orange Glazed Carrots  
Mashed Potatoes

05

Sausage & Red Beans  
over Santé Fe Rice  
Pizza: Hawaiian  
Mexican: Chicken &  
Cheese Quesadilla or  
Nachos  
Salad: Egg Chef  
Steamed Spinach  
Garlic Mashed Potatoes

06

Country Chicken  
Nugget Bowl  
Pizza: Vegetable  
Mexican: Chicken  
Tacos or Nachos  
Salad: Chicken Nacho  
Seasoned Steamed  
Corn  
Seasoned Rice

09

Meatloaf with  
Rosemary Gravy &  
Dinner Roll  
Pizza: Spicy Chicken  
Mexican: Chicken  
Fajitas or Nachos  
Salad: Fruit & Cheese  
Seasoned Green Beans  
Mashed Potatoes

10

Chicken Mashed Potato  
Bowl & Pretzel  
Pizza: Hawaiian  
Mexican: Bean &  
Chicken Burrito/ Nachos  
Salad: Tuna Salad  
Roasted Cauliflower  
Parmesan Potatoes  
**Mini Rice Krispy Treat**

11

Cheesy Baked Penne  
& Breadstick  
Pizza: BBQ Sriracha  
Mexican: Chicken  
Tacos or Nachos  
Salad: All American  
Cobb  
Roasted Acorn Squash  
Garlic Mashed Potatoes

12

Tater Bite Chicken  
Nachos  
Pizza: Cheesy White  
Sauce  
Mexican: Chicken  
Quesadilla/Nachos  
Campfire Chipotle Beans  
Mashed Potatoes  
**Sidekick Slushy Treat**

13

**NO SCHOOL**

16

Mozzarella Sticks &  
Marinara Sauce  
Pizza: Chicken  
Pepperoni & Jalapeño  
Mexican: Chicken  
Tacos or Nachos  
Salad: Chicken Chef  
Seasoned Corn  
Garlic Mashed Potatoes

17

Chicken Pot Pie &  
Dinner Roll  
Pizza: Pico De Gallo  
Mexican: Lime Chipotle  
Chicken Burrito or  
Nachos  
Salad: Chicken Nacho  
Green Beans & Carrots  
Mashed Potatoes

18

Country Chicken  
Nugget Bowl  
Pizza: Mexican  
Mexican: Bean &  
Cheese Quesadilla  
Salad: Tossed Garden  
& Cheese  
Seasoned Corn  
Parmesan Potatoes

19

Spaghetti Carbonara  
& Breadstick  
Pizza: Cheeseburger  
Mexican: Chicken  
Fajitas or Nachos  
Salad: Turkey &  
Cheese Chef  
Charro Black Beans  
Garlic Mashed Potatoes

20

Korean Meatball Stew  
over Seasoned Rice  
Pizza: BBQ Chicken  
Mexican: Chicken  
Tacos or Nachos  
Salad: All American  
Chef  
Steamed Spinach  
Mashed Potatoes

23

Salisbury Steak over  
Egg Noodles  
Pizza: Cheesy White  
Sauce  
Mexican: Chicken  
Quesadilla or Nachos  
Salad: Chicken & Cheese  
Green Beans  
Mashed Potatoes

24

Country Chicken  
Nugget Bowl  
Pizza: BBQ Chicken  
Mexican: Chicken  
Fajitas or Nachos  
Salad: All American  
Cobb  
Green Beans & Carrots  
Garlic Mashed Potatoes

25

Chili Mac & Breadstick  
Pizza: Spicy Chicken  
Sausage  
Mexican: Chicken  
Tacos or Nachos  
Salad: Fresh Apple &  
Cheese Plate  
Zucchini Squash  
Mashed Potatoes

26

Roasted Turkey and  
Stuffing with Gravy  
Pizza: Roasted  
Vegetable  
Mexican: Chicken Tacos  
or Nachos  
Salad: Popcorn Chicken  
Kickin' Pinto Beans  
Garlic Mashed Potatoes

27

Jambalaya over  
Seasoned Rice  
Pizza: Mexican  
Mexican: Fish Tacos or  
Chicken Nachos  
Salad: Nacho Bean  
Fresh Steamed  
Seasoned Broccoli  
Mashed Potatoes

30

Spaghetti & Meatballs  
with Breadstick  
Pizza: Chicken  
Parmesan  
Mexican: Beef Tacos or  
Chicken Nachos  
Salad: Kickin' Pinto Taco  
Orange Glazed Carrots  
Mashed Potatoes

31

Fish Sticks with Mac n  
Cheese  
Pizza: Meatball  
Mexican: Chicken  
Quesadilla or Nachos  
Salad: Turkey Chef  
Steamed Seasoned  
Spinach  
Parmesan Potatoes

01

Oven Roasted  
Chicken Drumstick &  
Dinner Roll  
Pizza: Buffalo Chicken  
Mexican: Chicken &  
Bean Burrito or Nacho  
Salad: Egg Caesar  
Green Beans  
Mashed Potatoes

02

Bean & Rice Tortilla  
Bowl & Dinner Roll  
Pizza: Hawaiian  
Mexican: Chicken  
Tacos or Nachos  
Salad: Popcorn Chicken  
& Cheddar Cheese  
Charro Pinto Beans  
Garlic Mashed Potatoes

03

Chicken Mashed Potato  
Bowl  
Pizza: Broccoli, Pepper,  
Onion  
Mexican: Chicken Tacos  
or Nachos  
Salad: Tuna Platter  
Steamed Corn  
Mashed Potatoes

### Daily Offerings...

**Grill:** Chicken Patty, Spicy Chicken Patty, Hamburgers,  
Cheeseburgers, Chicken Nuggets, Corn Dogs, Veggie Burgers

**Pizza:** Cheese, Pepperoni, Sausage

**Fresh Fruit & Veggie Bar:** Wide Variety of fresh fruit and  
veggies

**Milk:** Unflavored Skim Milk, 1% Unflavored Milk, Chocolate  
Skim Milk

### More Daily Offerings...

**Build your own Deli Bar:** Make your own sandwich, wrap  
or sub. Choose your meat and cheese and toppings.

Vegetarian? We have many vegetarian options every day in  
every station. Simply let the server know.

**National School Lunch Week October 9<sup>th</sup> through October  
13<sup>th</sup>! Join us for lunch!!!! October 10<sup>th</sup> receive a mini rice  
krispy treat and October 12<sup>th</sup> try out our New Sidekick  
Slushy!!!**