



# High School Main Café Lunch Menu

October 2019

1

**Tex Mex Popcorn  
Chicken with Sante Fe  
Rice**

Fresh Roasted Carrots  
Tater Tots  
Fresh Fruit and Veggie  
Bar

2

**Chicken and Waffle  
Bowl with Cheesy Eggs  
and a hash brown patty**

Seasoned Green Beans  
Potato Patty  
Fresh Fruit and Veggie  
Bar

3

**Country Chicken  
Nugget Bowl**

Kickin' Pinto Beans  
Mashed Potatoes  
Fresh Fruit and  
Veggie Bar

4

**Chicken Tagine Stew  
with Chili Spiced  
Flatbread**

Steamed Broccoli  
Tater Tots  
Fresh Fruit and  
Veggie Bar

7

**Salisbury Steak and  
Gravy with Noodles**

Seasoned Peas  
Mashed Potatoes  
Fresh Fruit and Veggie  
Bar

8

**Popcorn Chicken  
Teryaki with Broccoli  
and Steamed Rice**

Seasoned Green Beans  
French Fries  
Fresh Fruit and Veggie  
Bar

9

**Alfredo Mac and Cheese  
with Basil Chicken**

Served with a Breadstick  
Seasoned Carrots  
Mashed Potatoes  
Fresh Fruit and Veggie  
Bar

10

**Pepper Jack Burger  
with Cajun Salsa on a  
Bun**

Baked Beans  
French Fries  
Fresh Fruit and Veggie  
Bar

11

No School

14

**Breaded Chicken  
Drumstick served with  
biscuit**

Baked Beans  
Tater Tots  
Fresh Fruit and Veggie  
Bar

15

**Parmesan Chicken  
Spaghetti w/ Sauce**

Steamed Green Beans  
Mashed Potatoes w/  
Gravy  
Fresh Fruit and Veggie  
Bar

16

**Breakfast for Lunch:  
Ham egg and Cheese  
on a Biscuit**

Orange Glazed Carrots  
Tater Tots  
Fresh Fruit and Veggie  
Bar

17

**Fried Rice served with  
Vegetable Egg Roll**

Mashed Potatoes with  
gravy  
Fresh Fruit and  
Veggie Bar

18

**Buzzer Beater  
Basket:** Chicken, Fries  
and a Breadstick  
Seasoned Corn  
French Fries  
Fresh Fruit and Veggie  
Bar

21

**Breaded Fish Bites  
with Siracha Dipping  
sauce**

Served with a Dinner Roll

Seasoned Peas  
Tater Tots  
Fresh Fruit and Veggie bar

22

**Country Chicken and  
Mashed Potato Bowl**

Roasted Cauliflower  
Mashed Potatoes with  
gravy  
Fresh Fruit and  
Vegetable Bar

23

**Walking Taco with  
Cheese Sauce**

Choice of Toppings

Steamed Carrots  
Tater Tots  
Fresh Fruit and Veggie Bar

24

**Sweet and Sour  
Popcorn Chicken  
served with Rice**

Campfire Beans  
Mashed Potatoes with  
Gravy  
Fresh Fruit and Veggie  
Bar

25

**Chili Fries Bowl  
served with a Pretzel  
Roll**

Steamed Broccoli  
French Fries  
Fresh Fruit and Veggie  
Bar

28

**Southwest Meatloaf  
with Gravy**

Served with Mashed  
Potatoes and a Dinner Roll  
Seasoned Corn  
Mashed Potatoes  
Fresh Fruit and Veggie  
Bar

29

**Kickin' Rice, Beef and  
Bean Bowl**

Green Beans with  
Carrots  
French Fries  
Fresh Fruit and Veggie  
Bar

30

**General Tso's Beef  
with Vegetables**  
Served over Rice

Tater Tots  
Fresh Fruit and  
Veggie Bar

31

**Chili Mac with a Corn  
Muffin**

Chipotle Beans  
Mashed Potatoes  
Fresh Fruit and Veggie  
Bar

**Look for new Grab and Go options too!**  
**Daily Served Grill items include:** Spicy and Regular  
Chicken Patties, Burger and a Fish Sandwich

**Tortilla, Corner Crust and Green Street Deli  
have made to order items as well as daily  
specials!**