

LAINSBURG HIGH SCHOOL ~ OCTOBER 2018 ~ LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 *FRENCH BREAD PIZZA *SPICY CHICKEN PATTY CARROTS W/DIP SLICED PEARS	2 *GRILLED CHICKEN SANDWICH W/LETTUCE & TOMATO *MOZZARELLA STICKS FRENCH FRIES STRAWBERRY BANANA APPLESAUCE	3 *CHEESE QUESADILLA *CHICKEN FAJITA REFRIED BEANS DICED PEACHES	4 *SPAGHETTI W/MEAT SAUCE BREAD STICK *FLATBREAD PIZZA MIXED ROMAINE SALAD JUICE	5 *GRILLED HAM & CHEESE SANDWICH *PEPPERONI PIZZA BROCCOLI FRESH FRUIT
8 *CHEESE PIZZA *CHICKEN & VEGETABLE STIR FRY W/ RICE CHEESY CAULIFLOWER TROPICAL FRUIT	9 *POPCORN CHICKEN *PHILLY STEAK SANDWICH BAKED BEANS DICED PEACHES	10 ½ DAY NO LUNCH SERVED	11 *PIG-N-BLANKET *PULLED PORK SANDWICH MIXED ROMAINE SALAD APPLESAUCE	12 *MEATBALL & CHEESE SUB *FISH NUGGETS CARROT STICKS W/DIP FRESH FRUIT
15 *DOUBLE STUFFED PIZZA *BAKED POTATO W/HAM & CHEESE GREEN BEANS PINEAPPLE TIDBITS	16 *CHICKEN PATTY SANDWICH *CHARBROILED CHEESEBURGER W/LETTUCE & TOMATO SWEET POTATO FRIES APPLE SAUCE	17 *NACHOS DELUXE W/BEEF, BEANS, & CHEESE SAUCE *FIESTA PIZZA PEAS TROPICAL FRUIT	18 *MACARONI & CHEESE *FLATBREAD PIZZA BROCCOLI JUICE	19 *MINI CORN DOGS *FISH & CHEESE SUB BAKED BEANS FRESH FRUIT
22 *MOZZARELLA STICKS *BBQ RIBLETS MIXED VEGGIES MANDARIN ORANGES	23 *CHICKEN FRIES *TERIYAKI BEEF & BROCCOLI W/RICE MIXED ROMAINE SALAD PINEAPPLE TIDBITS	24 *CHICKEN TACO W/LETTUCE & CHEESE *BEEF QUESADILLA REFRIED BEANS SLICED PEARS	25 *CHARBROILED CHEESEBURGER *MEATBALL & CHEESE SUB SWEET POTATO FRIES CINNAMON APPLESAUCE	26 ½ DAY NO LUNCH SERVED
29 *PEPPERONI PIZZA *CHEESE QUESADILLA GREEN BEANS TROPICAL FRUIT	30 *CHICKEN PATTY W/ROLL *CHICKEN QUESADILLA MASHED POTATOES & GRAVY MANDARIN ORANGES	31 *WALKING TACO *FIESTA PIZZA REFRIED BEANS DICED PEACHES	1 *GRILLED CHICKEN SANDWICH *CHICKEN TENDERS TOMATO SOUP W/CRACKERS FRESH FRUIT	2 *FISH NUGGETS CHEESEBURGER W/LETTUCE & TOMATO FRENCH FRIES JUICE

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: MICHIGAN CHERRY SALAD

WEDNESDAY: CHICKEN CAESAR SALAD

THURSDAY: BLT SALAD WITH RANCH DRESSING

FRIDAY: CHICKEN CAESAR SALAD

SALAD BAR:

M-W-F ~ CHEF SALAD / 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, & breadings.

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

Dressings used: Ranch, Italian, & Honey mustard



OCTOBER 2018 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CHOCOLATE MUFFIN SAUSAGE PATTY FRUIT JUICE	2 BREAKFAST PIZZA FRUIT JUICE	3 POP-TART FRUIT JUICE	4 PEACHES & CREAM OATMEAL GRAHAM CRACKERS FRESH FRUIT	5 STRAWBERRY CREAM CHEESE BAGEL FRUIT JUICE
8 BLUEBERRY MUFFIN SAUSAGE PATTY FRUIT JUICE	9 YOGURT GRAHAM CRACKERS JUICE RAISINS	10 CINNAMON TOAST CRUNCH BREAKFAST BAR FRUIT JUICE	11 CHEESE OMELET TOAST W/JELLY FRESH FRUIT	12 CINNAMON ROLL FRUIT JUICE
15 APPLE CHEERIOS BREAKFAST BAR FRUIT JUICE	16 POP-TART FRUIT JUICE	17 SAUSAGE PANCAKE ON A STICK FRUIT JUICE	18 BLUEBERRY NUTRI-GRAIN BAR FRUIT JUICE	19 BREAKFAST PIZZA FRESH FRUIT
22 FRENCH TOAST STICKS JUICE RAISINS	23 YOGURT GRAHAM CRACKERS FRUIT JUICE	24 CHEESE OMELET TOAST W/JELLY FRUIT JUICE	25 STRAWBERRY NUTRI-GRAIN BAR FRUIT JUICE	26 CINNAMON ROLL FRUIT JUICE
29 BLUEBERRY MUFFIN SAUSAGE PATTY FRUIT JUICE	30 SAUSAGE PANCAKE ON A STICK FRUIT JUICE	31 STRAWBERRY CREAM CHEESE BAGEL FRUIT JUICE	1 EGG & CHEESE MUFFIN SANDWICH FRESH FRUIT	2 BLUEBERRY NUTRI-GRAIN BAR FRUIT JUICE

***CHOICE OF CEREAL AVAILABLE DAILY**

