

# October 2021

## High School Lunch Menu

**Lunch Includes:**  
3 of the 5 Components  
Choice of Fruit, Vegetable,  
Grain, Meat or Meat Alternate  
and Milk  
**Milk Choice:**  
Skim, 1% or Fat Free  
Chocolate  
(Hormone & Antibiotic Free)

**Daily Options:**  
Made to Order Deli and  
Salads  
**Pizza:**  
Cheese, Pepperoni, and  
Specialty Pies  
**Also Available:**  
Spicy and Plain Chicken  
Patties, Burgers, Black Bean  
Burgers, Chicken Tenders

Gluten Free Meals are  
Available Only to Students  
with Documented  
Restrictions  
Please See Separate Gluten  
Free Menu

Any questions please email:  
[cooper-nicole@aramark.com](mailto:cooper-nicole@aramark.com)

**All School Meals**  
**Are Free For All**  
**Students Until**  
**6/30/22**



**1**  
Bacon  
Cheeseburger  
French Fries  
Baby Carrot  
Choice of Fruit and  
Milk

**4**  
Grilled Chicken  
Sandwich  
Steamed Broccoli  
Choice of Fruit and  
Milk

**5**  
Beef Tacos in a  
hard shell  
Mexican Rice  
Black Beans  
Choice of Fruit and  
Milk

**6**  
Buffalo Chicken  
Tenders  
Steamed Broccoli  
Choice of Fruit and  
Milk

**7**  
All Beef Hotdog  
Veggie Baked  
Beans  
Choice of Fruit and  
Milk

**8**  
Chicken Quesadilla  
Roasted Corn  
Choice of Fruit and  
Milk

**11**  
School Closed  
Columbus Day

**12**  
Chicken B.L.T  
Sandwich  
Corn  
Choice of Fruit and  
Milk

**13**  
Meatball Parm  
Sandwich  
Sliced Cucumber  
Choice of Fruit and  
Milk

**14**  
Corn Dog  
Baked Veggie  
Beans  
Choice of Fruit and  
Milk

**15**  
Chicken Caesar  
Wrap  
Choice of Fruit and  
Milk

**18**  
Popcorn Chicken  
Mashed Potatoes  
and Corn  
Choice of Fruit and  
Milk

**19**  
Beef Nachos  
Black Beans  
Choice of Fruit and  
Milk

**20**  
French Toast  
Sticks  
Chicken Sausage  
Hash Brown  
Choice of Fruit and  
Milk

**21**  
Buffalo Chicken  
Salad  
Bread Stick  
Choice of Fruit and  
Milk

**22**  
Philly Cheese  
Steak  
Baby Carrots  
Choice of Fruit and  
Milk

**25**  
Macaroni and  
Cheese  
Dinner Roll  
Steamed Broccoli  
Choice of Fruit and  
Milk

**26**  
Chicken Parm  
Sandwich  
Steamed Green  
Beans  
Choice of Fruit and  
Milk

**27**  
Sweet and Sour  
Chicken  
Rice  
Choice of Fruit and  
Milk

**28**  
Mexican Beef Bowl  
Black Beans  
Choice of Fruit and  
Milk

**29**  
BBQ Chicken  
Flatbread  
Fresh Sliced  
Cucumbers  
Choice of Fruit and  
Milk