

## October 2024 MS/HS Lunch Menu

Monday-CYCLE A	Tuesday	Wednesday	Thursday	Friday
9/30/2024	10/1/2024	10/2/2024	10/3/2024	10/4/2024
<b>BBQ Pulled Pork Sandwich</b> <b>Hamburger/Cheeseburger</b> <b>Salads/Wraps</b>  Tater Tots Tossed Salad Assorted Fruit (1 cup) Milk	<b>Chicken &amp; Veg Potstickers w/ Teriyaki Sauce</b> <b>Spicy/Crispy Chicken Sandwich</b> <b>Salads/Wraps</b>  Fried Rice (1/2 cup) Stir-Fry Vegetables Veggie Dippers Assorted Fruit (1 cup) Milk	<b>Pizza Crunchers (4)</b> <b>Buffalo Chicken Pizza</b> <b>Salads/Wraps</b>  Marinara Sauce Steamed Broccoli Assorted Fruit (1 cup) Milk	<b>Chicken N Waffles</b> <b>Hamburger/Cheeseburger</b> <b>Salads/Wraps</b>  Potato Roasters Tossed Salad Assorted Fruit (1 cup) Milk	<b>Pepperoni/Cheese Pizza</b> <b>Cold Sandwiches</b> <b>Salads/Wraps</b>  Baby Carrots Veggie Dippers Assorted Fruit (1 cup) Milk
Monday-CYCLE B	Tuesday	Wednesday	Thursday	Friday
10/7/2024	10/8/2024	10/9/2024	10/10/2024	10/11/2024
<b>Cheesy Bread</b> <b>Hamburger/Cheeseburgers</b> <b>Salads/Wraps</b>  Marinara Sauce Green Beans Cool Tropics Fruit Slush Assorted Fruit (1 cup) Milk	<b>Mini Cheese Quesadillas(3)</b> <b>Spicy/Crispy Chicken Sandwich</b> <b>Salads/Wraps</b>  Salsa Cup Tossed Salad Sliced Plantain Rounds Assorted Fruit (1 cup) Milk <i>Hot Sauce (1)</i>	<b>Brazilian Cheesy Bites (4/serving)</b> <b>Buffalo Chicken Pizza</b> <b>Salads/Wraps</b>  Garlic Toast Veggie Dippers Steamed Broccoli Assorted Fruit (1 cup) Milk <i>Parmesan Cheese packet (1)</i>	<b>Chicken Nuggets with Mac &amp; Cheese</b> <b>Hamburger/Cheeseburger</b> <b>Salads/Wraps</b>  Potato Wedges Tossed Salad Assorted Fruit (1 cup) Milk	<b>Pepperoni/Cheese Pizza</b> <b>Cold Sandwiches</b> <b>Salads/Wraps</b>  Baby Carrots Veggie Dippers Assorted Fruit (1 cup) Milk
Monday-CYCLE A	Tuesday	Wednesday	Thursday	Friday
10/14/2024	10/15/2024	10/16/2024	10/17/2024	10/18/2024
<b>Managers Choice</b> <b>Hamburger/Cheeseburgers</b> <b>Salads/Wraps</b>  Cool Tropics Veggie Slush Assorted Fruit (1 cup) Milk	<b>Managers Choice</b> <b>Spicy/Crispy Chicken Sandwich</b> <b>Salads/Wraps</b>  Veggie Dippers Assorted Fruit (1 cup) Milk	<h1 style="font-size: 2em;">Fall Break</h1>	<h1 style="font-size: 2em;">Fall Break</h1>	<h1 style="font-size: 2em;">Fall Break</h1>
Monday-CYCLE B	Tuesday	Wednesday	Thursday	Friday
10/21/2024	10/22/2024	10/23/2024	10/24/2024	10/25/2024
<h1 style="font-size: 3em;">Fall Break</h1>	<h1 style="font-size: 3em;">Fall Break</h1>	<h1 style="font-size: 3em;">Fall Break</h1>	<h1 style="font-size: 3em;">Fall Break</h1>	<h1 style="font-size: 3em;">Fall Break</h1>
Monday-CYCLE A	Tuesday	Wednesday	Thursday	Friday
10/28/2024	10/29/2024	10/30/2024	10/31/2024	11/1/2024
<b>French Toast Sticks w/ sausage</b> <b>Buffalo Chicken Pizza</b> <b>Salads/Wraps</b>  Hash Brown Rounds (2) Cool Tropics Veggie Slush Assorted Fruit (1 cup) Milk <i>Ketchup (1), Syrup (1)</i>	<b>Orange Chicken</b> <b>Hamburger/Cheeseburgers</b> <b>Salads/Wraps</b>  Fried Rice (1/2 cup) Stir-Fry Vegetables Veggie Dippers Assorted Fruit (1 cup) Milk	<b>Pizza Crunchers (4)</b> <b>Pepperoni Calzones</b> <b>Salads/Wraps</b>  Marinara Sauce Steamed Broccoli Assorted Fruit (1 cup) Milk	<b>Cheesy Lasagna w/Galic bread</b> <b>Spicy/Crispy Chicken Sandwich</b> <b>Salads/Wraps</b>  Tater Tots Tossed Salad Assorted Fruit (1 cup) Milk	<b>Pepperoni/Cheese Pizza</b> <b>Cold Sandwiches</b> <b>Salads/Wraps</b>  Baby Carrots Veggie Dippers Assorted Fruit (1 cup) Milk

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.