

## October 2024 MS-HS Lunch Menu

| Monday-CYCLE A  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| 10/14/2024  | 10/15/2024  | 10/16/2024   | 10/17/2024   | 10/18/2024   |
| <b>Cheesy Bread</b><br><b>Hamburger/Cheeseburgers</b><br><br>Marinara Sauce<br><br>Green Beans<br>Cool Tropics Fruit Slush<br>Assorted Fruit (1 cup)<br>Milk  | <b>Mini Cheese Quesadillas(3)</b><br><b>Spicy Chicken Sandwich</b><br><hr/> <b>Brazilian Cheesy Bites (4/serving)</b><br><br>Black Beans<br>Salsa Cup<br>Sliced Plantain Rounds<br>Assorted Fruit (1 cup)<br>Milk<br><i>Hot Sauce (1)</i> | <b>Pizza Crunchers</b><br><b>Cheese Pizza</b><br><br><br>Marinara Sauce<br>Steamed Broccoli<br>Assorted Fruit (1 cup)<br>Milk                              | <b>Managers Choice</b><br><br><br><br>Assorted Fruit (1 cup)<br>Milk   | <b>Pepperoni/Cheese Pizza</b><br><b>Cold Sandwiches</b><br><br>Bagged Carrots<br>Cool Tropics Veggie Slush<br><br>Assorted Fruit (1 cup)<br>Milk       |
| Monday-CYCLE B  | Tuesday   | Wednesday  | Thursday   | Friday   |
| 10/21/2024  | 10/22/2024  | 10/23/2024   | 10/24/2024   | 10/25/2024   |
| Fall Break  | Fall Break  | Fall Break   | Fall Break   | Fall Break   |
| 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><br><b>Buffalo Chicken Pizza</b><br><b>Salads/Wraps</b><br><br>Hash Brown Rounds (2)<br>Cool Tropics Veggie Slush<br>Assorted Fruit (1 cup)<br>Milk<br><i>Ketchup (1), Syrup (1)</i> | <b>Orange Chicken</b><br><b>Hamburger/Cheeseburgers</b><br><b>Salads/Wraps</b><br><br>Fried Rice (1/2 cup)<br>Stir-Fry Vegetables<br>Veggie Dippers<br>Assorted Fruit (1 cup)<br>Milk   | <b>Pizza Crunchers (4)</b><br><b>Pepperoni Calzones</b><br><b>Salads/Wraps</b><br><br>Marinara Sauce<br>Steamed Broccoli<br>Assorted Fruit (1 cup)<br>Milk | <b>Cheesy Lasagna w/Galic bread</b><br><b>Spicy/Crispy Chicken Sandwich</b><br><b>Salads/Wraps</b><br><br>Tater Tots<br>Tossed Salad<br>Assorted Fruit (1 cup)<br>Milk | <b>Pepperoni/Cheese Pizza</b><br><b>Cold Sandwiches</b><br><b>Salads/Wraps</b><br><br>Baby Carrots<br>Veggie Dippers<br>Assorted Fruit (1 cup)<br>Milk |

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