




OCTOBER 2021 MID-HIGH SCHOOL LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><u>EXPRESS SALADS</u> <u>DELI SANDWICH BAR</u> <u>OFFERED DAILY!</u></p>			<p>1 PIZZA SLICES W/TOPPINGS, BAKED BEANS GARDEN SALAD PINEAPPLE CHUNKS MILK CHOICES</p>
<p>4 SPAGHETTI & MEAT SAUCE GARLIC DINNER ROLL GARDEN TOSSED SALAD PEAS, FRUIT CUP MILK CHOICES</p>	<p>5 CORN CHOWDER GRILLED CHEESE ASSORTED VEGGIES W/DIP ASST. FRUITS, CANNED & FRESH MILK CHOICES</p>	<p>6 POPCORN CHICKEN SWEET POTATO FRIES CARROTS, CELERY MANDARIN ORANGES MILK CHOICES</p>	<p>7 CHEESE BURGER BAKED BEANS COLESLAW WATERMELON MILK CHOICES</p>	<p>8 <u>NO SCHOOL TODAY!</u></p>
<p>11 <u>NO SCHOOL TODAY!</u> <u>COLUMBUS DAY!</u></p>	<p>12 CHICKEN BURGER CUCUMBERS & CARROT STICKS BAKED BEANS FRUIT CHOICES MILK CHOICES</p>	<p>13 SHEPHERD'S PIE DINNER ROLL COLESLAW, CUCUMBERS FRUIT CHOICES MILK CHOICES</p>	<p>14 MEATBALL SUB W/CHEESE TOSSED GARDEN SALAD RANCH DRESSING ASSORTED FRUIT CHOICES MILK CHOICES</p>	<p>15 GARLIC DIPPING STICKS WITH MARINARA ASSORTED VEGGIE STICKS-DIP ORANGES, APPLESAUCE MILK CHOICES</p>
<p>18 CHEESEBURGER SUB SWEET CORN WATERMELON SLICES MILK CHOICES</p>	<p>19 PIZZA CASSEROLE DINNER ROLL GARDEN SALAD ASSORTED FRUITS MILK CHOICES</p>	<p>20 MAC & CHEESE HOT DOG IN A BUN BUTTERED CARROTS PEACHES MILK CHOICES</p>	<p>21 CHEESEY CHICKEN NACHOS SALSA & SOUR CREAM CORN FRUIT CUP MILK CHOICES</p>	<p>22 PIZZA SLICES W/TOPPINGS, BAKED BEANS GARDEN SALAD PINEAPPLE CHUNKS MILK CHOICES</p>
<p>25 ORANGE CHICKEN RICE BOWLS WITH BROCCOLI DINNER ROLL PINEAPPLE TIDBITS MILK CHOICES</p>	<p>26 BRUNCH FOR LUNCH PANCAKES, SAUSAGE W/SYRUP ASSORTED VEGGIES W/DIP PINEAPPLE CHUNKS MILK CHOICES</p>	<p>27 BBQ PULLED PORK SUB GARDEN TOSSED SALAD FRESH FRUIT OR CANNED PEARS MILK CHOICES</p>	<p>28 SOFT SHELLED TACOS MEXICAN RICE CORN, SALAD WITH RANCH FRUIT CHOICES MILK CHOICES</p>	<p>29 GARLIC DIPPING STICKS WITH MARINARA ASSORTED VEGGIE STICKS-DIP ORANGES, APPLESAUCE MILK CHOICES</p>

QUESTIONS, COMMENTS OR CONCERNS, PLEASE CONTACT BARBARA BONNELL, NUTRITION DIRECTOR-465-7384 or bbonnell@rsu18.org

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