







OCTOBER 2023 MID-HS LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BAKED RAVIOLI GARLIC TOAST GARDEN TOSSED SALAD PEAS, FRUIT CUP MILK CHOICES	3 HAM & CHEESE CROISSANT ASSORTED VEGGIES W/DIP FRESH AND CANNED FRUIT CHOICES MILK CHOICES	4 POPCORN CHICKEN SWEET POTATO FRIES CARROTS, CELERY MANDARIN ORANGES MILK CHOICES	5 RODEO BURGER WITH COWBOY BEANS COLESLAW WATERMELON MILK CHOICES	6 <u>NO SCHOOL TODAY!</u> <u>TEACHER COMP DAY</u> 
9 <u>NO SCHOOL TODAY!</u> <u>HOLIDAY!</u> 	10 GRILLED CHICKEN SANDWICH CUCUMBERS & CARROT STICKS BAKED BEANS APPLESAUCE MILK CHOICES	11 BEEF STROGANOFF DINNER ROLL SLICED CUCUMBERS WITH DIP PLUMS MILK CHOICES	12 MEATBALL SUB W/CHEESE TOSSED GARDEN SALAD RANCH DRESSING PINEAPPLE TIDBITS MILK CHOICES	13 BIG DADDY'S PIZZA CHEESE OR BACON ASSORTED VEGGIE STICKS-DIP ORANGE WEDGES MILK CHOICES
16 CHEESEBURGER SUB SWEET CORN WATERMELON SLICES MILK CHOICES	17 FISHBURGER WITH CHEESE AND TARTAR SAUCE GARDEN SALAD ASSORTED FRUITS MILK CHOICES	18 CHEESEBURGER MAC WITH HOT GARLIC ROLL BUTTERED CARROTS PEACHES MILK CHOICES	19 CHICKEN BURGER SWEET POTATO FRIES CORN FRUIT CUP MILK CHOICES	20 PIZZA SLICES W/TOPPINGS, BAKED BEANS GARDEN SALAD PINEAPPLE CHUNKS MILK CHOICES
23 ORANGE CHICKEN RICE BOWLS WITH BROCCOLI DINNER ROLL MIXED FRUIT MILK CHOICES	24 BRUNCH FOR LUNCH PANCAKES, SAUSAGE W/SYRUP ASSORTED VEGGIES W/DIP APPLESAUCE CUPS MILK CHOICES	25 CHICKEN PARM SANDWICH GARDEN TOSSED SALAD BAKED BEANS CANNED PEARS MILK CHOICES	26 TERIYAKI CHICKEN OVER WHITE RICE HOT BUTTERED CARROTS PINEAPPLE MILK CHOICES	27 GARLIC DIPPING STICKS WITH MARINARA ASSORTED VEGGIE STICKS-DIP MANADRIN ORANGES MILK CHOICES
30 HOT DOG AND FRIES COLESLAW ASSORTED FRUITS HALLOWEEN TREAT MILK CHOICES	31 TOMATO SOUP & GRILLED CHEESE SANDWICH VEGGIE STICKS WITH RANCH FRESH CRISP APPLES MILK CHOICES		EXPRESS SALADS DELI SANDWICH BAR A-LA-CARTE CHOICES OFFERED DAILY!	

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

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