


# OCTOBER 2018

## MIDDLE AND HIGH SCHOOL

FUEL UP FOR OCTOBER BURGERS  
 WEEK ONE 9-12 ATOMIC BURGER WITH PEPPERJACK  
 CHEESE AND ATOMIC SAUCE  
 WEEK TWO 15-19 BACKYARD BURGER WITH CHEDDAR  
 CHEESE, CURLY FRIES AND BBQ SAUCE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> BRUNCH FOR LUNCH WG PANCAKES WITH SYRUP Sausage Patties, Hash Brown Patty Spiced Chicken Patty On a WG Bun Broccoli Applesauce	<b>2</b> TACO TUESDAY Soft Shelled Turkey Tacos Black Bean Salad Celery Sticks Salsa, Cheddar Cheese Apples	<b>3</b> SLOPPY JOE ON A WG BUN Cheeseburger Rolletto on a WG Flatbread French Fries Carrots Diced Peaches	<b>4</b> MAC AND CHEESE WG Roll Cheeseburger on a WG Bun Green Beans Fresh Watermelon	<b>5</b> MICHIGAN DOGS WITH BEEF SAUCE ON A WG BUN WG Pizza BBQ Chicken or Cheese Baked Breadsticks French Fries, Corn Fresh Apples
<b>8</b> COLUMBUS DAY NO SCHOOL	<b>9</b> SEASONED CHICKEN BURRITO Cheese, Salsa WG Rice Black Beans Grape Tomatoes Fresh Oranges	<b>10</b> SMALL SHELLS AND TOMATO BEEF MEAT SAUCE WITH GARLIC BREAD Chicken Patty on a WG Bun French Fries, Carrots Blueberries	<b>11</b> SPICY POPCORN CHICKEN WRAP Cheeseburger on a WG Bun Cauliflower Broccoli Applesauce	<b>12</b> SPECIALTY PIZZA DAY! SAUSAGE WG Pizza pepperoni-Broccoli Chicken Patty on a WG Bun Baked Breadsticks Hash Brown Patty, Corn Mix Fruit
<b>15</b> HUSKY DOG ON A WG BUN Cheeseburger on a WG Bun Tater Tots Broccoli Peaches	<b>16</b> TACO TUESDAY WG Hard Shelled Beef Tacos Black Bean Salad Corn on the Cob, Salsa Mix Fruit Bananas	<b>17</b> BEEF LASAGNA WITH TOMATO SAUCE GARLIC BREAD Cheeseburger on a WG Bun Red and Green Pepper Strips Pears	<b>18</b> HALF DAY BAG LUNCHES AVAILABLE	<b>19</b> STAFF DEVELOPMENT DAY NO SCHOOL
<b>22</b> CRISPY CHICKEN TENDERS AND A WG BISCUIT Hot Dog on a WG Bun Baked Potato Wedges Cucumber Rounds Pears	<b>23</b> CHICKEN PATTY ON A WG BUN French Fries Baked Beans Corn on the Cob Peaches Bananas	<b>24</b> SPAGHETTI WITH BEEF TOMATO MEAT SAUCE WG Garlic Bread Chicken Patty on a WG Bun Steamed Carrots Pineapple	<b>25</b> MEAT LOAF WITH WG ROLLS Cheeseburger on a WG Bun Mashed Potatoes Green Beans Fresh Cantaloupe	<b>26</b> HUSKIE BURGER ON A WG BUN WG Pizza Chicken-Broccoli Baked Breadsticks Tater Tots Zucchini, Red Pepper Strips Apple
<b>29</b> SPICY POPCORN CHICKEN BOWL Dinner Roll Cheeseburger on a WG Bun Tater Tots Broccoli Fresh Apples	<b>30</b> GRILLED CHEESE WG SANDWICH Hot Dog on a WG Bun Sweet Potato Fries Tomato Soup, Corn on the Cob Romaine Lettuce Salad Strawberries	<b>31</b> HAPPY HALLOWEEN! BAKED ZITI WITH GARLIC BREAD Cheeseburger on a WG Bun Baked Beans Carrots Peaches		

**MY SCHOOL BUCKS** PAY FOR MEALS ONLINE  


Local Ingredients are always used when in Season  
 Deli Sandwich available Daily  
 Dark Greens Salad Bar available Daily with protein, cheese and WG rolls  
 Fresh Peppers, Tomatoes, Cucumbers, Celery, Carrots are offered on Salad Bar  
 Prices: Students \$2.25, Adults \$4.05 (tax included)

Fresh Fruits and Pizza Offered Daily  
 Whole Grain Breads and Bread  
 Products Offered Daily  
 \* Pork Product

Milks: 1% White, Fat Free White, Fat Free Chocolate  
 Offered Daily  
 Yogurt parfait with fruit and granola available daily

Ova-Lacto Vegetarian may contain Egg & Milk

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