



# OCTOBER | 2018

## ST HENRY DISTRICT HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Pulled Chicken OR Pork Sandwich Green Beans Potatoes Pineapple Tidbits Fresh Fruit Milk	<b>2</b> 3, 4, OR 5 Way Chili Spaghetti Garden Salad Glazed Carrots Oyster Crackers Mandarin Oranges Fresh Fruit Milk	<b>3</b> Fish Sandwich OR Hamburger/Cheeseburger Potato Wedges Veggie Boat with Dip Applesauce Fresh Fruit Milk	<b>4</b> Beef Nachos OR Beef Soft Tacos Refried Beans Corn Salsa, Sour Cream Diced Peaches Fresh Fruit Milk	<b>5</b> Cheese OR Pepperoni Pizza Garden Salad Glazed Carrots Diced Pears Fresh Fruit Milk
<b>8</b> Cheeseburger OR Hot Ham and Cheese Sandwich Sweet Potato Puffs Garden Salad Pineapple Tidbits Frozen Sidekick Milk	<b>9</b> Mandarin Chicken OR Beef Teriyaki Dippers Steamed Broccoli Carrots & Celery with Dip Steamed Rice Mandarin Oranges Fresh Fruit Milk	<b>10</b> Chicken Tenders OR Spicy Chicken Tenders Dinner Roll Baked Beans Veggie Boat with Dip Diced Peaches Fresh Fruit Milk	<b>11</b> Salisbury Steak with Dinner Roll Mashed Potatoes Green Beans Diced Pears Fresh Fruit Milk	<b>12</b> NO SCHOOL
<b>15</b> Queso Chicken over Rice OR Beef Enchiladas Tostito Chips Salsa, Sour Cream Shredded Lettuce Black Beans, Corn Pineapple Tidbits Fresh Fruit Milk	<b>16</b> Corn Dog Macaroni and Cheese Steamed Broccoli Carrots with Dip Diced Pears Frozen Sidekick Milk	<b>17</b> Cheese OR Pepperoni Pizza Garden Salad Broccoli with Dip Diced Peaches Fresh Fruit Milk	<b>18</b> Hot Dog OR Chili Coney Potato Wedges Veggie Boat with Dip Mandarin Oranges Fresh Fruit Milk	<b>19</b> Cheesy Flatbread OR Chicken Alfredo Flatbread Garden Salad Glazed Carrots Applesauce Fresh Fruit Milk
<b>22</b> Sweet Thai Chicken Steamed Rice Carrots with Dip Diced Peaches Fresh Fruit Milk	<b>23</b> Chicken Tenders OR Spicy Chicken Tenders Dinner Roll Baked Beans Veggie Boat with Dip Mandarin Oranges Fresh Fruit Milk	<b>24</b> Penne Pasta with Meat Sauce OR Chicken Alfredo Glazed Carrots Garden Salad Diced Pears Frozen Sidekick Milk	<b>25</b> Cheeseburger OR Turkey Sub Sandwich Sweet Potato Puffs Baked Beans Pineapple Tidbits Fresh Fruit Milk	<b>26</b> Grilled Cheese OR Fish Tacos Tomato Soup Garden Salad Applesauce Fresh Fruit Milk
<b>29</b> Chicken Patty Sandwich OR Cheeseburger Waffle Fries Carrots with Dip Diced Pears Fresh Fruit Milk	<b>30</b> Beef OR Chicken Philly Sandwich with Queso Sautéed Peppers and Onions Garden Salad Steamed Broccoli Mandarin Oranges Fresh Fruit Milk	<b>31</b> Cheese OR Chicken Quesadilla Salsa, Sour Cream Refried Beans Corn Diced Peaches Fresh Fruit Milk		

### News

**A wrap, large salad, chicken sandwich or deli sandwich may be substituted for the main entrée. The entrée may be substituted for that day's main meal and two ½ cups of fruit and vegetables may be added to make a reimbursable meal. Yogurt parfaits and assorted bagged snacks as well as drinks available daily.**

**Ala carte charges are not allowed.**

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