Senior High
Breakfast & Lunch Menu

For a complete Breakfast, you must select three stars, at least one star must be a fruit. For a complete lunch, you must select three stars, at least one star must be a fruit or vegetable.

Make snacks work for you by choosing nutrient-rich foods from the MyPlate food groups. Snacks can boost your energy between meals and supply essential vitamins and minerals. There is a place for snacks in a healthy eating plan. Use the following tips when deciding what snacks to eat:

- Think of snacks as mini-meals that contribute nutrient-rich foods. Keep snack calories to less than 200 and try to include a fruit or vegetable with each snack.
- Snack only when you are hungry. Skip the urge to eat when you are bored, frustrated, or stressed. Instead, try taking a walk or meditating.
- Keep portion control in mind. Either eat pre-portioned snacks or place a single serving from a package into a bowl.
- Plan snacks ahead of time. Keep a variety of nutritious ready-to-eat supplies on hand, such as whole-grain crackers, low-fat cheese, fruits, and vegetables.

Monday, October 21, 2019

Breakfast
- Breakfast Sausage Wrap 19 with Maple Syrup 28 or
- Hot Oatmeal 14 or Assorted Cold Cereal or
- Apple Oatmeal Bars 48 or 
- Chocolate Oatmeal Bars 46 or
- Chilled Yogurt Bar or Hard Boiled Eggs 2 and
  - Vanilla Bear Graham 21

Lunch
- + Ham Hamburger Pizza 37
- Buffalo Style Munchins with Tea Roll 20
- + Cheese Pizza 37
- Sloppy Joe Sandwich 39
- Sandwich of the Day: Smoked Turkey &莫扎里拉 28
- Golden Corn 16

Every Day
- Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and kiwi. Assorted canned or frozen fruits and 100% juice will also be available.

Tuesday, October 22, 2019

Breakfast
- Glazed Raised Donut 44
- Iced Strawberry Cup 21 or
- Hot Peach Oatmeal 23 or Assorted Cold Cereal or
- Apple Oatmeal Bars 48 or
- Chocolate Oatmeal Bars 46 or
- Chilled Yogurt Bar or Hard Boiled Eggs 2 and
  - Vanilla Bear Graham 21

Lunch
- Macho Nachos 36
- Chicken and Cheese Taquitos
- Not So Macho Nachos 30
- Country Beef Cutlet on a Bun 45
- Sandwich of the Day: Turkey & American 41
- Refried Beans 21
- Green Beans 4

Wednesday, October 23, 2019

Breakfast
- Cinnamon Muffin Square 45
- Hot Oatmeal 14 or Assorted Cold Cereal or
- Apple Oatmeal Bars 48 or
- Chocolate Oatmeal Bars 46 or
- Chilled Yogurt Bar or Hard Boiled Eggs 2 and
  - Vanilla Bear Graham 21

Lunch
- Hamburger on a Bun 26
- BBQ Chicken Teriyaki 10 with Rice 21 and a Tea Roll 12
- Chicken Alfredo 17 with Penne Pasta 39 and a Tea Roll 12
- Cheeseburger on a Bun 27
- Sandwich of the Day: Country Boy 30
  - Baked School Fries 18
  - Frozen Sliced Strawberries 23

Thursday, October 24, 2019

Breakfast
- Bacon 25
- Frozen Peach Cup 19 or
- Hot Peach Oatmeal 23 or Assorted Cold Cereal or
- Apple Oatmeal Bars 48 or
- Chocolate Oatmeal Bars 46 or
- Chilled Yogurt Bar or Hard Boiled Eggs 2 and
  - Vanilla Bear Graham 21

Lunch
- Southwest Salad: Chicken Bowl 45 with Tea Roll 12
- Smoked Turkey and Cheese Melt 28
- Beef Lasagna 33 with Tea Roll 12
- Sandwich of the Day: Turkey Deli 30
- Whipped Potatoes 15 with Gravy 5

Complimentary Breakfast is Available for ALL Enrolled Students in All Schools!

Menu Key:
- Contains Pork
- Locally Grown
- Meatless Item
- Spicy
- New Item

Friday, October 25, 2019

Breakfast
- Warm Pancakes 30 with Maple Syrup 28 or
- Hot Oatmeal 14 or Assorted Cold Cereal or
- Apple Oatmeal Bars 48 or
- Chocolate Oatmeal Bars 46 or
- Chilled Yogurt Bar or Hard Boiled Eggs 2 and
  - Vanilla Bear Graham 21

Lunch
- Mini Corn Dogs 31
- Spicy Chicken on a Bun 43
- Pepperoni Calzone 30 with Pasta Sauce 4
- Crispy Chicken Patty on a Bun 43
- Sandwich of the Day: Italian Deli Wrap 41
- Baked School Fries 18
  - Golden Corn 16

- Chef Salad: 33
  - Diced Egg, White American, Lettuce & Spinach Mix, Croutons, & Breadstick

- Chef Salad: 33
  - Grilled Chicken Strips, American, Lettuce & Spinach Mix, Breadstick, & Croutons

- Beef Taco Salad: 65
  - Taco Meat, Black Bean Salsa, American, Lettuce & Spinach Mix, & Tortilla Chips
For a complete Breakfast, you must select three stars. At least one star must be a fruit. For a complete lunch, you must select three stars, at least one star must be a vegetable or a fruit.

As a child, Halloween candy was a highly treasured and desired reason to go trick-or-treating and you may head out this Halloween for the same reason. It may be challenging to rely on self-control when eating Halloween candy in moderation, so follow the suggestions below:

- **Eat in the company of others.** Surround yourself with others as this may make you more conscious of what and how much food you are eating. You are more prone to overeating when you are by yourself.
- **Drink water.** Try to fill yourself up with water before and while eating the candy. By having a cup at your lips, you will be interrupting the continuous motion of lifting your fingers to put more candy into your mouth.
- **Portion the candy.** Select a couple of pieces you are going to eat and put the rest away instead of eating directly out of the candy bag. This will help prevent from overeating.

These helpful tips don’t have to be just during the Halloween season or with just candy. Utilize some of them regarding holiday eating or if you are just trying to portion control any meal!

### Monday, October 28, 2019

**Breakfast**
- Sausage Breakfast Pizzazz Pizza 22
- Ham Puff Pastry 22
- Hot Potato Oatmeal 23 or ▶️ Assorted Cold Cereal or ▶️ Apple Oatmeal Bars 48 or ▶️ Chocolate Oatmeal Bars 46 or ▶️ Chilled Yogurt Bar or ▶️ Hard Boiled Eggs 2 and ▶️ Vanilla Bear Granola 21

**Lunch**
- Beef Ranchero Pizza 30
- Cheese Breadsticks 25 with Pasta Sauce ▶️ 4
- Oven Baked Fiery Chicken 5 ½ oz ▶️ a ▶️ Mini Jalapeno Cornbread Muffin 24
- Sandwich of the Day: Smoked Turkey & Mozzarella 28
- Glazed Butternut Squash 16
- Baked Fries 18

### Tuesday, October 29, 2019

**Breakfast**
- Glazed Cinnamon Roll 65
- Ham Puff Pastry 23 or ▶️ Assorted Cold Cereal or ▶️ Apple Oatmeal Bars 48 or ▶️ Chocolate Oatmeal Bars 46 or ▶️ Chilled Yogurt Bar or ▶️ Hard Boiled Eggs 2 and ▶️ Vanilla Bear Granola 21

**Lunch**
- General Tso Chicken 23 w/ ▶️ Rice 21 & a Tea Roll 12
- BBQ Rib on a Bun ▶️ 41
- Chicken Egg Roll 20 w/ Teriyaki Chicken Dippers 5 and ▶️ Rice 21
- Sandwich of the Day: Turkey Deli 40
- Steamed Fresh Broccoli 2
- Golden Corn 16
- Fresh Lunch Bunch Grapes 8

### Wednesday, October 30, 2019

**Breakfast**
- Orange Cuff Muffin Top 28 w/ ▶️ Vanilla Bear Granola 21
- Hot Potato Oatmeal 23 or ▶️ Assorted Cold Cereal or ▶️ Apple Oatmeal Bars 48 or ▶️ Chocolate Oatmeal Bars 46 or ▶️ Chilled Yogurt Bar or ▶️ Hard Boiled Eggs 2 and ▶️ Vanilla Bear Granola 21

**Lunch**
- Pork Tenderloin on a Bun ▶️ 44
- Pizzeria Style Cheese Pizza ▶️ 27
- Beef Quesadilla 39
- Pizzeria Style Pepperoni Pizza ▶️ 28
- Sandwich of the Day: Pastrami and White American 142
- Steamed Green Beans 4
- Baked School Fries 18

### Thursday, October 31, 2019

**Breakfast**
- Pumpkin Cuff Cak 67
- Iceced School Cup 21
- Hot Potato Oatmeal 23 or ▶️ Assorted Cold Cereal or ▶️ Apple Oatmeal Bars 48 or ▶️ Chocolate Oatmeal Bars 46 or ▶️ Chilled Yogurt Bar or ▶️ Hard Boiled Eggs 2 and ▶️ Vanilla Bear Granola 21

**Lunch**
- Creamed Turkey 7 w/ Tea Rolls 23
- Hamburger on a Bun 26
- Pepperoni Pocket 32
- Cheeseburger on a Bun 27
- Sandwich of the Day: Classic 29
- Whipped Potatoes 15 with Gravy 5

### Friday, November 1, 2019

**Breakfast**
- Colby Cheese Omelet 1 w/ ▶️ Warm Biscuit 23 or Tortilla 30
- Ham Puff Pastry 23 or ▶️ Assorted Cold Cereal or ▶️ Apple Oatmeal Bars 48 or ▶️ Chocolate Oatmeal Bars 46 or ▶️ Chilled Yogurt Bar or ▶️ Hard Boiled Eggs 2 and ▶️ Vanilla Bear Granola 21

**Lunch**
- Cheesy Dog on a Bun 31
- BBQ Pulled Pork Nachos ▶️ 62
- Ar Cheese Pizza ▶️ 37
- Ham Dog on a Bun 28
- Sandwich of the Day: Turkey & American 41
- Homemade Baked Beans 37

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### Complimentary Breakfast is Available for All Enrolled Students in All Schools!

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The hamburgers are offered with lettuce and tomato!