









# October



2019

## High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Lunch Prices</b>  <b>Middle/ High School</b>  <b>Full Price Lunch</b>  <b>\$ 2.90</b>  <b>Reduced Price Lunch</b>  <b>\$.40</b></p>  Denotes Pork	<p><b>1</b></p> <p><b>CHOICE OF ENTRÉE</b>  BBQ Chicken  w/ Cornbread Muffin  Steak Fingers w/ Country  Gravy Dip &amp; Cornbread Muffin  Dill Chicken Sandwich  Buffalo Chicken Pizza</p> <p><b>CHOICE OF SIDES</b>  Macaroni &amp; Cheese  Collard Greens  Baked Beans  Diced Peaches  Mixed Melon</p>  <b>Chocolate Brownie</b> <p><b>Grab N' Go Plate:</b>  Hummus &amp; Pita Plate  <b>Deli Choice:</b>  Spicy Chicken Wrap Plate</p>	<p><b>2</b></p> <p><b>CHOICE OF ENTRÉE</b>  Walking Taco  w/ Salsa &amp; Sour Cream  Taco Max Snax w/ Salsa  Grilled Chicken Sandwich  Stuffed Crust Pepperoni Pizza</p> <p><b>CHOICE OF SIDES</b>  Mexican Rice  Whole Kernel Corn  Lettuce/Diced Tomatoes  Diced Pears  Orange Wedges</p> <p><b>Grab N' Go Plate:</b>  Chef Salad Bowl  <b>Deli Choice:</b>  Club Sub Plate</p>	<p><b>3</b></p> <p><b>CHOICE OF ENTRÉE</b>  Chicken 'n Waffles  w/ Syrup   Pulled Pork Sliders  Chicken Chili Crispito  w/ Cheese Sauce &amp; Roll  Spicy Chicken Sandwich</p> <p><b>CHOICE OF SIDES</b>  Deli-Roasted Potatoes  Seasoned Kale Chips  Lettuce/Sliced Tomatoes  Apple Juice  Banana</p> <p><b>Grab N' Go Plate:</b>  Vegetarian Chef Salad  <b>Deli Choice:</b>  Chicken Tender Wrap Plate</p>	<p><b>4</b></p> <p><b>CHOICE OF ENTRÉE</b>  Wild Mike's Cheese Pizza  Wild Mike's Pepperoni Pizza  Southern Style Chicken  Sandwich  Mini Corndogs  Queso Blanco Chicken  Nachos</p> <p><b>CHOICE OF SIDES</b>  Cross-Cut Sweet Potato Fries  Roasted Vegetables  Lettuce/Diced Tomatoes  "Wango Mango"  Fruit/Vegetable Juice  Strawberries &amp; Bananas</p> <p><b>Grab N' Go Plate:</b>  Taco Salad Bowl  <b>Deli Choice:</b>  Chicken Fajita Wrap Plate</p>
<p><b>7</b></p> <p><b>CHOICE OF ENTRÉE</b>  Cheeseburger  Chili Cheese Hot Dog  Meatball Sub  w/ Mozzarella Cheese  Grilled Chicken Sandwich</p> <p><b>CHOICE OF SIDES</b>  Baked Beans  Seasoned Potato Wedges  Lettuce/Sliced Tomatoes  Sliced Peaches  Mixed Melon</p> <p><b>Grab N' Go Plate:</b>  Vegetarian Chef Salad  <b>Deli Choice:</b>  Chicken Fajita Wrap Plate</p>	<p><b>8</b></p> <p><b>CHOICE OF ENTRÉE</b>  Chicken Nuggets w/ Roll  Chicken Fried Steak &amp;  Country Gravy w/ Roll  Dill Chicken Sandwich  Morning Star Veggie Burger</p> <p><b>CHOICE OF SIDES</b>  Mashed Potatoes  Peas and Carrots  Lettuce/Sliced Tomatoes  Mandarin Oranges  Apple Wedges</p> <p><b>Grab N' Go Plate:</b>  Hummus &amp; Pita Plate  <b>Deli Choice:</b>  Buffalo Chicken Wrap Plate</p>	<p><b>9</b></p> <p><b>CHOICE OF ENTRÉE</b>  Beef &amp; Cheddar Nachos  Cheddar Cheese Nachos  w/ Salsa &amp; Sour Cream  Beef Crunchy Taco  Spicy Chicken Sandwich  Supreme Personal Pizza</p> <p><b>CHOICE OF SIDES</b>  Mexican Brown Rice  Broccoli Florets  Lettuce/Diced Tomatoes  Pineapple Tidbits  Orange Wedges</p> <p><b>Grab N' Go Plate:</b>  Grilled Chicken Chef Salad  <b>Deli Choice:</b>  Turkey &amp; Cheese Sub Plate</p>	<p><b>10</b></p> <p><b>CHOICE OF ENTRÉE</b>  Spaghetti  w/ Garlic Breadstick  Southern Style Chicken  Sandwich   Shredded Pork Street Taco  Cheeseburger</p> <p><b>CHOICE OF SIDES</b>  Green Beans  Steamed Carrots  Garden Salad  w/ Dressing  "Cherry Star"  Fruit/Vegetable Juice  Sliced Peaches</p>  <b>Chocolate Chip Cookie</b> <p><b>Grab N' Go Plate:</b>  Vegetarian Chef Salad  <b>Deli Choice:</b>  Italian Sub Plate</p>	<p><b>11</b></p> <p><b>CHOICE OF ENTRÉE</b>  Buffalo Chicken Pizza  Fish Nuggets w/ Hush  Puppies  Buffalo Chicken Tenders  w/ Roll  Beef and Cheddar Nachos</p> <p><b>CHOICE OF SIDES</b>  Whole Kernel Corn  Veggie Dipper Cup  Lettuce/Diced Tomatoes  Cinnamon Applesauce  Diced Pears</p> <p><b>Grab N' Go Plate:</b>  Southwest Salad Bowl  <b>Deli Choice:</b>  Chicken Tender Wrap Plate</p>
<p><b>14</b></p>	<p><b>15</b></p> <p><b>NATIONAL SCHOOL LUNCH WEEK OCTOBER 14-18</b></p>			<p><b>18</b></p> <p><b>CHOICE OF ENTRÉE</b>  Rockin' Big Daddy's Cheese  Pizza  Rockin' Big Daddy's Meat  Lover's Pizza  Classical Cheese Lasagna  w/ Garlic Toast  Groovin' Grilled Chicken  Sandwich  Big Band Beef and Cheddar  Nachos</p> <p><b>CHOICE OF SIDES</b>  Green Beans  Carrot Sticks w/ Ranch Dip  Lettuce/Diced Tomatoes  Mandarin Oranges  Apple Wedges  <b>Jello w/ Whipped Topping</b></p> <p><b>Grab N' Go Plate:</b>  Turkey Chef Salad  <b>Deli Choice:</b>  Chicken Tender Wrap Plate</p>
		<p><b>16</b></p> <p><b>CHOICE OF ENTRÉE</b>  Queso Blanco Chicken  Nachos  w/ Salsa &amp; Sour Cream  Flamenco Fiestada Pizza  Buffalo Beats Chicken  Chunks w/ Roll  Chill-Out Cheeseburger</p> <p><b>CHOICE OF SIDES</b>  Whole Kernel Corn  Black Beans  Lettuce/Diced Tomatoes  Diced Pears  Orange Wedges  <b>Cinnamon Roll</b></p> <p><b>Grab N' Go Plate:</b>  Market Salad Bowl  <b>Deli Choice:</b>  Turkey &amp; Cheese Sub Plate</p>	<p><b>17</b></p> <p><b>CHOICE OF ENTRÉE</b>  Octave Orange Chicken  Tempo Teriyaki Beef Strips  Both Served w/ Fried Rice &amp;  Egg Roll, and Fortune Cookie  Party Pizza Crunchers  Spicy Soprano Chicken  Sandwich</p> <p><b>CHOICE OF SIDES</b>  Steamed Cabbage  Stir Fried California Blend  Vegetables  Lettuce/Sliced Tomatoes  Tropical Flavored Raisins  <b>Emoji Icee</b></p> <p><b>Grab N' Go Plate:</b>  Vegetarian Chef Salad  <b>Deli Choice:</b>  Grilled Chicken Wrap Plate</p>	

**21**  
**CHOICE OF ENTRÉE**  
 Asian Chicken Nuggets  
 w/ Roll  
 Garlic French Bread Pizza w/  
 Marinara  
 Buffalo Chicken Tenders  
 w/ Roll  
 Cheeseburger

**CHOICE OF SIDES**  
 Steamed Carrots  
 Broccoli Florets  
 Grape Tomatoes & Cucumber  
 Slices w/ Dip  
 Fruit Cocktail  
 Apple Wedges

**Grab N' Go Plate:**  
 Vegetarian Chef Salad  
**Deli Choice:**  
 Black Forest Chicken Sub  
 Plate

**22 Farm to School Spotlight**  
**CHOICE OF ENTRÉE**  
 BBQ Chicken  
 w/ Cornbread Muffin  
 Steak Fingers w/ Country  
 Gravy Dip & Cornbread Muffin  
 Dill Chicken Sandwich  
 Buffalo Chicken Pizza

**CHOICE OF SIDES**  
 Macaroni & Cheese  
 Zucchini/Summer Squash  
 Medley  
 Baked Beans  
 Diced Peaches  
 Mixed Melon

**Grab N' Go Plate:**  
 Hummus & Pita Plate  
**Deli Choice:**  
 Spicy Chicken Wrap Plate

**23**  
**CHOICE OF ENTRÉE**  
 Walking Taco  
 w/ Salsa & Sour Cream  
 Taco Max Snax w/ Salsa  
 Grilled Chicken Sandwich  
 Stuffed Crust Pepperoni Pizza

**CHOICE OF SIDES**  
 Mexican Rice  
 Whole Kernel Corn  
 Lettuce/Diced Tomatoes  
 Diced Pears  
 Orange Wedges  
**"Hugs Not Drugs" Cookies**

**Grab N' Go Plate:**  
 Chef Salad Bowl  
**Deli Choice:**  
 Club Sub Plate



**24**  
**CHOICE OF ENTRÉE**  
 Chicken 'n Waffles  
 w/ Syrup  
 Pulled Pork Sliders  
 Chicken Chili Crispito  
 w/ Cheese Sauce & Roll  
 Spicy Chicken Sandwich

**CHOICE OF SIDES**  
 Deli-Roasted Potatoes  
 Seasoned Kale Chips  
 Lettuce/Sliced Tomatoes  
 Apple Juice  
 Banana

**Grab N' Go Plate:**  
 Vegetarian Chef Salad  
**Deli Choice:**  
 Chicken Tender Wrap Plate

**25 Farm to School Spotlight**  
**Birthday Celebration**



**CHOICE OF ENTRÉE**  
 Wild Mike's Cheese Pizza  
 Wild Mike's Pepperoni Pizza  
 Southern Style Chicken  
 Sandwich  
 Mini Corndogs  
 Queso Blanco Chicken  
 Nachos

**CHOICE OF SIDES**  
 Cross-Cut Sweet Potato Fries  
 Roasted Vegetables  
 Lettuce/Diced Tomatoes  
 "Cherry Star"  
 Fruit/Vegetable Juice  
 Strawberries & Bananas

**Grab N' Go Plate:**  
 Taco Salad Bowl  
**Deli Choice:**  
 Chicken Fajita Wrap Plate

**28**  
**CHOICE OF ENTRÉE**  
 Cheeseburger  
 Chili Cheese Hot Dog  
 Meatball Sub  
 w/ Mozzarella Cheese  
 Grilled Chicken Sandwich

**CHOICE OF SIDES**  
 Baked Beans  
 Seasoned Potato Wedges  
 Lettuce/Sliced Tomatoes  
 Sliced Peaches  
 Mixed Melon

**Grab N' Go Plate:**  
 Vegetarian Chef Salad  
**Deli Choice:**  
 Chicken Fajita Wrap Plate

**29**  
**CHOICE OF ENTRÉE**  
 Chicken Nuggets w/ Roll  
 Chicken Fried Steak &  
 Country Gravy w/ Roll  
 Dill Chicken Sandwich  
 Morning Star Veggie Burger

**CHOICE OF SIDES**  
 Mashed Potatoes  
 Peas and Carrots  
 Lettuce/Sliced Tomatoes  
 Mandarin Oranges  
 Apple Wedges  
 **Chocolate Chip Cookie**

**Grab N' Go Plate:**  
 Hummus & Pita Plate  
**Deli Choice:**  
 Buffalo Chicken Wrap Plate

**30**  
**CHOICE OF ENTRÉE**  
 Beef & Cheddar Nachos  
 Cheddar Cheese Nachos  
 w/ Salsa & Sour Cream  
 Beef Crunchy Taco  
 Spicy Chicken Sandwich  
 Supreme Personal Pizza

**CHOICE OF SIDES**  
 Mexican Brown Rice  
 Broccoli Florets  
 Lettuce/Diced Tomatoes  
 Pineapple Tidbits  
 Orange Wedges

**Grab N' Go Plate:**  
 Grilled Chicken Chef Salad  
**Deli Choice:**  
 Turkey & Cheese Sub Plate

**31 HAPPY HALLOWEEN!**



**CHOICE OF ENTRÉE**  
 Spaghetti  
 w/ Garlic Breadstick  
 Southern Style Chicken  
 Sandwich  
 Shredded Pork Street Taco  
 Cheeseburger

**CHOICE OF SIDES**  
 Green Beans  
 Steamed Carrots  
 Garden Salad  
 w/ Dressing  
 "Cherry Star"  
 Fruit/Vegetable Juice  
**"EEK!" Halloween Icee**

**Grab N' Go Plate:**  
 Vegetarian Chef Salad  
**Deli Choice:**  
 Italian Sub Plate

**THIS INSTITUTION**  
**IS AN EQUAL**  
**OPPORTUNITY**  
**PROVIDER**

**RED RIBBON WEEK IS**  
**OCTOBER 23-31**  
**SEND A MESSAGE.**  
**STAY DRUG FREE.**  
[www.redribbon.org](http://www.redribbon.org)  
**#RedRibbonWeek**



*National School Lunch Week is October 14-18.  
 What's on your playlist?*

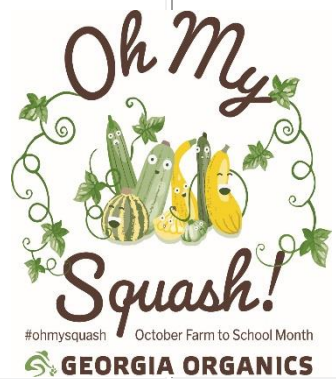
*October is Farm to School Month! Our theme is Squash. We  
 are proud to feature zucchini and summer squash from  
 Southern Valley Farms in Norman Park, Georgia.  
<https://southernvalley.us/>*



**SCHOOL LUNCH:**  
 what's on your playlist?

**National School Lunch Week**  
 October 14-18, 2019

#NSLW19 🎵 #SchoolLunch 🎵 #LunchPlaylist



**Oh My Squash!**

#ohmysquash October Farm to School Month  
**GEORGIA ORGANICS**