



**Meal Prices-Students-\$2.65
Adults-\$3.70**

This institution is an equal opportunity provider.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Chicken Nuggets **2**
Whipped Potatoes/Gravy
Green Beans
Banana
Bread/Butter
Milk

Chicken Grill/Pasta **9**
Broccoli/Carrots
Fruit
Milk

16
NO SCHOOL

Country Fried Steak **23**
Whipped Potatoes/Gravy
Corn
Fruit
Bread/Butter
Milk

Tavern **30**
Sweet Potato Fries
Coleslaw
Fruit
Milk

Tuesday

Potato Nugget Hotdish **3**
Corn
Fruit
Bread/Butter
Milk

Tuna/Noodles **10**
Peas or Mixed Vegetables
Dinner Rolls
Fruit
Milk

Popcorn Chicken **17**
Whipped Potatoes/Gravy
Green Beans
Bread/Butter
Milk

Lasagna **24**
Lettuce Salad
Carrots/Celery
Garlic Bread
Milk

Halloween Nuggets **31**
Ghoulsh Potatoes/Gravy
String Beans
Fruit
Milk

Wednesday

Corndog **4**
Ranch Wedges
Broccoli
Carrots
Fruit
Milk

Pork Tenderloin/Bun **11**
Emoji Fries
Baked Beans
Fruit
Milk

Hot Ham Cheese **18**
Stars
Baked Beans
Fruit
Milk

Stromboli **25**
Broccoli/Carrots
Sidekicks
Milk

Choice of Salad Bar available at Middle & High School daily

Menus subject to change without notice



Thursday

Chicken/Chili/Vegetable Soup **5**
Carrots/Celery
Warm Apple Slices
Bread/Butter
Milk

Nachos Supreme **12**
w/Cheese/Meat
Lettuce Salad
Carrots/Celery
Fruit
Milk

Tacos—Softshell **19**
Lettuce/Tomatoes/Cheese
Refried Beans
Milk

Little Bites **26**
Smiles
Green Beans
Fruit
Milk

Friday

Cheese Pizza **6**
Lettuce Salad
Carrots/Celery
Fruit
Milk

Orab Burger **13**
French Fries
Vegetable Bar
Fruit
Milk

Italian Dunkers **20**
Lettuce Salad
Carrots/Celery
Fruit
Milk

Hotdog/Bun **27**
Baked Chips
Baked Beans
Carrot Sticks
Fruit
Milk

