

**Please complete the ORDER FORM if
you wish to order meals.**

28-Sep	29-Sep	30-Sep	1-Oct	2-Oct
<u>BREAKFAST</u> Cheerios	<u>BREAKFAST</u> Apple Frudel MWS	<u>BREAKFAST</u> Strawberry Pop Tart MWS	<u>BREAKFAST</u> Mini Cinnis MWS	<u>BREAKFAST</u> Strawberry Nutrigrain Bar MSW
<u>LUNCH</u> Macaroni & Cheese Chicken Caesar Salad	<u>LUNCH</u> Cheeseburger Greek Salad	<u>LUNCH</u> Chicken Patty Sandwich Antipasta Salad	<u>LUNCH</u> Sausage Egg n Cheese Taco Chef Salad	<u>LUNCH</u> Stuffed Cheese Breadsticks Garden Salad
<u>ORDER FORM</u>	<u>ORDER FORM</u>		<u>ORDER FORM</u>	<u>ORDER FORM</u>
5-Oct	6-Oct	7-Oct	8-Oct	9-Oct
<u>BREAKFAST</u> Cheerios	<u>BREAKFAST</u> Apple Frudel MWS	<u>BREAKFAST</u> Strawberry Pop Tart MWS	<u>BREAKFAST</u> Mini Cinnis MWS	<u>BREAKFAST</u> Strawberry Nutrigrain Bar MSW
<u>LUNCH</u> Chicken Tenders Chicken Caesar Salad	<u>LUNCH</u> Turkey Hot Dog Greek Salad	<u>LUNCH</u> Mashed Potato Chicken Bowl Antipasta Salad	<u>LUNCH</u> Pepperoni Pizza Bake Chef Salad	<u>LUNCH</u> Chicken Alfredo Garden Salad
<u>ORDER FORM</u>	<u>ORDER FORM</u>		<u>ORDER FORM</u>	<u>ORDER FORM</u>
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct
SCHOOL CLOSED	<u>BREAKFAST</u> Apple Frudel MWS <u>LUNCH</u> Fajita Chicken Bowl Greek Salad	<u>BREAKFAST</u> Strawberry Pop Tart MWS <u>LUNCH</u> General Tso's Chicken Antipasta Salad	<u>BREAKFAST</u> Mini Cinnis MWS <u>LUNCH</u> Philly Cheese Steak Chef Salad	<u>BREAKFAST</u> Strawberry Nutrigrain Bar MSW <u>LUNCH</u> Stuffed Cheese Breadsticks Garden Salad
	<u>ORDER FORM</u>	<u>ORDER FORM</u>	<u>ORDER FORM</u>	<u>ORDER FORM</u>
19-Oct	20-Oct	21-Oct	22-Oct	23-Oct
<u>BREAKFAST</u> Cheerios	<u>BREAKFAST</u> Apple Frudel MWS	<u>BREAKFAST</u> Strawberry Pop Tart MWS	<u>BREAKFAST</u> Mini Cinnis MWS	<u>BREAKFAST</u> Strawberry Nutrigrain Bar MSW
<u>LUNCH</u> Chicken Teriyaki Chicken Caesar Salad	<u>LUNCH</u> Italian Meatball Sandwich Greek Salad	<u>LUNCH</u> Mashed Potato Chicken Bowl Antipasta Salad	<u>LUNCH</u> Egg & Cheese Taco Chef Salad	<u>LUNCH</u> Pulled BBQ Pork Sandwich Garden Salad
<u>ORDER FORM</u>	<u>ORDER FORM</u>		<u>ORDER FORM</u>	<u>ORDER FORM</u>
26-Oct	27-Oct	28-Oct	29-Oct	30-Oct
<u>BREAKFAST</u> Cheerios	<u>BREAKFAST</u> Apple Frudel MWS	<u>BREAKFAST</u> Strawberry Pop Tart MWS	<u>BREAKFAST</u> Mini Cinnis MWS	<u>BREAKFAST</u> Strawberry Nutrigrain Bar MSW

<u>LUNCH</u> Cheeseburger Chicken Caesar Salad	<u>LUNCH</u> Chicken Patty Sandwich Greek Salad	<u>LUNCH</u> Pepperoni Pizza Bake Antipasta Salad	<u>LUNCH</u> Fajita Chicken Bowl Chef Salad	<u>LUNCH</u> Chicken Alfredo Garden Salad
ORDER FORM	ORDER FORM		ORDER FORM	ORDER FORM
<p>A full student breakfast at the high school level consists of a minimum of the following components: one full cup of fruit, one full cup of grains (whole-grain rich), and one cup of milk (non-fat or 1%).</p> <p>A full student lunch at the high school level consists of a minimum of the following components: one cup of fruit, one cup of vegetables, two cups of grains (whole-grain rich), two cups of meat/meat alternatives and one cup of milk (non-fat or 1%).</p>			Effective 9/14/2020 all meals are FREE to all students	
Menus subject to change without notice.				
Questions? Please call Chris Baratta 484-373-6122				