



## OCTOBER 2017: J.H.S. & Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>CHICKEN DELIGHTS</b>	<b>BURGER BASH</b>	<b>CULINARY</b>	<b>NEW YORK</b>	<b>PIZZA PARTY</b>
2	3	4	New York Thursday 5	6
<b>Crispy Chicken Waffle Sandwich</b> served with syrup  <b>Garlic Toast</b>  <b>Roasted Zucchini</b>  <u>Salad Bar</u> Italian Classico Salad	<b>100% Beef Hamburger &amp; Cheeseburger Sliders</b>  <b>Turkey Burger</b> Burgers served with Lettuce Tomato & <b>New York Onion</b>  <b>Frito-Lay® SunChips®</b>  <b>Orange Glazed Carrots</b>  <u>Salad Bar</u> Caesar Salad	<b>"Super Chef" Shepherd's Pie</b> A Delicious Blend of Mashed Potatoes, Turkey, & Cheese  <b>Warm Dinner Roll Broccoli Trees</b>  <u>Salad Bar</u> Confetti Corn Salad	<b>Jamaican Beef Patty</b>  <b>Mozzarella Sticks</b> Marinara Sauce  <b>New York Hot Pretzel</b>  <b>"Party Fries"</b>  <u>Salad Bar</u> <b>Celery &amp; Apple Salad</b> <b>New York Apple Slices</b>	<b>Classic Cheese Pizza</b>  <b>Bruschetta Pizza</b> Fresh Tomatoes & Onions  <b>Chickpea Salad</b> <b>Hot Confetti Corn</b>  <u>Salad Bar</u> Roasted Broccoli & Cauliflower Salad
<b>Columbus Day</b> 9	10	11	New York Thursday 12	13
<b>Popcorn Chicken</b> Dipping Sauce Cup  <b>Mac-N-Cheese</b>  <b>Sweet Potato Wedge Fries</b>  <b>Brooklyn Baked Beans</b>  <u>Salad Bar</u> Green Garden Salad	<b>100% Beef Bacon Cheddar Cheeseburger</b>  <b>Fish &amp; Cheese Sandwich</b> Burgers served with Lettuce, Tomato & <b>New York Onion</b>  <b>French Fries</b>  <u>Salad Bar</u> Greek Zucchini Salad	<u>Brunch</u> <b>Canadian Bacon, Egg &amp; Cheese</b> on a Bagel  <b>Mozzarella Sticks</b> Marinara Sauce  <b>Home Fries</b> <b>Garlicky Green Beans</b>  <u>Salad Bar</u> Spinach & Cranberry Salad	<b>Steamed Chicken Dumplings</b> with Asian Dipping Sauce  <b>Vegetable Brown Fried Rice</b>  <b>Egg Roll</b> with Duck Sauce  <u>Salad Bar</u> Asian Slaw <b>Fresh New York Apples</b>	<b>Classic Cheese Pizza</b>  <b>Pizza Supreme</b> Sausage, Onions & Peppers  <b>Kid Friendly Kale Salad</b>  <u>Salad Bar</u> Fresh Marinated Vegetable Salad
16	17	18	New York Thursday 19	20
<b>Popcorn Chicken</b> Dipping Sauce Cup  <b>Warm Dinner Roll</b>  <b>Parmigiana Roasted Cauliflower</b>  <u>Salad Bar</u> Broccoli and Cranberry Salad	<b>Classic Tuna on Ciabatta Bread</b>  <b>Mozzarella Sticks</b> Marinara Sauce  <b>New York Cookie Treat</b>  <b>French Fries</b>  <u>Salad Bar</u> Carrot & Lemon Salad	<b>Bite Size Beef Tacos</b> Seasoned Beef served with Diced Tomato, Lettuce Cheese & Taco Sauce <b>Baked! Tostitos® Scoops®</b> <b>Brown Rice</b>  <b>Teriyaki &amp; Sriracha Chicken Sliders</b>  <b>Sweet Plantains</b> <b>Seasoned Pinto Beans</b> <u>Salad Bar</u> Fresh Cilantro Slaw	<b>100% New York Beef Hamburgers &amp; Cheeseburgers</b>  Burgers served with Lettuce, Tomato & <b>New York Onion</b>  <b>Sweet Potato Waffle Fries</b>  <u>Salad Bar</u> <b>Kale Salad</b> <b>Fresh New York Apples</b>	<b>Classic Cheese Pizza</b>  <b>Meat Lovers Pizza</b> Bacon & Sausage  <b>Garlic Knot</b>  <b>Green Garden Salad</b>  <u>Salad Bar</u> Italian Marinated Cucumber Salad
23	24	25	New York Thursday 26	27
<b>Chicken Parmigiana on a New York Bun</b>  <b>Garlic Toast</b>  <b>Roasted Zucchini</b>  <u>Salad Bar</u> Italian Classico Salad	<b>100% Beef Hamburgers &amp; Cheeseburgers</b>  <b>Turkey Burger</b> Burgers served with Lettuce Tomato & <b>New York Onion</b>  <b>Frito-Lay® SunChips®</b>  <b>Orange Glazed Carrots</b> <u>Salad Bar</u> Caesar Salad	<b>"Super Chef" Shepherd's Pie</b> A Delicious Blend of Mashed Potatoes, Turkey, & Cheese  <b>Warm Dinner Roll Broccoli Trees</b>  <u>Salad Bar</u> Confetti Corn Salad	<b>Jamaican Beef Patty</b>  <b>Mozzarella Sticks</b> Marinara Sauce  <b>New York Hot Pretzel</b>  <b>"Party Fries"</b>  <u>Salad Bar</u> <b>Celery &amp; Apple Salad</b> <b>New York Apple Slices</b>	<b>Classic Cheese Pizza</b>  <b>Bruschetta Pizza</b> Fresh Tomatoes & Onions  <b>Chickpea Salad</b> <b>Hot Confetti Corn</b>  <u>Salad Bar</u> Roasted Broccoli & Cauliflower Salad
30	Happy Halloween 31			
<b>Popcorn Chicken</b> Dipping Sauce Cup  <b>Mac-N-Cheese</b>  <b>Sweet Potato Wedge Fries</b>  <b>Brooklyn Baked Beans</b>  <u>Salad Bar</u> Green Garden Salad	<b>100% Beef Mushroom Swiss Cheeseburger</b>  <b>Fish &amp; Cheese Sandwich</b> Burgers served with Lettuce, Tomato & <b>New York Onion</b>  <b>New York Cookie Treat</b> <b>French Fries</b>  <u>Salad Bar</u> Greek Zucchini Salad		 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD</p>	

OFFERED DAILY			
<u>Entree Alternatives</u> • PB&J Sandwich • Cheese Sandwich • Plain Turkey Sandwich • Hummus Grab & Go	<u>Milk</u> 1% Low-fat Fat Free Fat Free Chocolate  <u>Dipping Sauce Cups</u> BBQ, Ranch, Honey Mustard	<u>Seasonal Fresh Fruit</u> Apples, Oranges, Bananas, Pears  No Artificial flavors, colors, or sweeteners in all SchoolFood Products	<u>Dressings</u> Chipotle Ranch Balsamic Vinaigrette Ranch Asian Sesame Honey Mustard Caesar French Italian Vinaigrette
			<u>Pizza and Pasta Flavor Station</u>  Granulated Garlic Red Pepper Flakes Parmesan Cheese  JHS Lunch Menu