

# HIGH SCHOOL



# October

BRUNCH  
SERVED DAILY  
DURING MORNING  
BREAK.

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

POPCORN CHICKEN, 1  
FRIES & GARLIC TOAST  
OR  
GREEN CHILI TAMALE

ORANGE 2  
CHICKEN & RICE  
OR  
VEGGIE SPRING ROLLS

CUBAN SANDWICH 3  
OR  
GRILLED CHEESE

CHILI MAC & CHEESE 4  
OR  
MAC & CHEESE

NO 7  
SCHOOL!

BUFFALO WINGS 8  
& ALOHA ROLL  
OR FRENCH BREAD PIZZA

GENERAL TSO 9  
CHICKEN OR VEGGIE  
DUMPLING BOWL

MEATLOAF SANDWICH 10  
OR  
CHEESE QUESADILLA

CHICKEN ALFREDO 11  
OR  
BUFFALO CHICKEN  
SANDWICH

MOZZERELLA 14  
CHEESE BREAD  
OR RIB SANDWICH

CHILI CHEESE FRIES 15  
OR  
OR B.R.C. BURRITO  
\*BEANS, RICE, & CHEESE

TERIYAKI 16  
CHICKEN & RICE  
OR  
BUFFALO CHICKEN POCKET

PASTRAMI MELT 17  
OR  
GRILLED CHEESE

CHICKEN TIKKA MASALA 18  
OR  
VEGGIE TIKKA

TACO BOWL 21  
OR  
QUESADILLAS

TURKEY 22  
NACHOS & CHEESE  
OR  
GREEN CHILI TAMALE

KOREAN BEEF & 23  
RICE BOWL  
OR  
VEGGIE SPRING ROLLS

PHILLY SANDWICH 24  
OR  
PHILLY MAC & CHEESE

PASTA BOWL 25  
WITH GARLIC BREAD

MOZZERELLA 28  
CHEESE BREAD  
OR RIB SANDWICH

SPICY WINGS 29  
OR  
B.R.C. BURRITO  
\*BEANS, RICE, & CHEESE

CHICKEN OR VEGGIE 30  
CHOW MEIN BOWL  
OR CHICKEN STRIPS &  
GARLIC TOAST

 MEATBALL 31  
SANDWICH  
OR  
GRILLED CHEESE

STUDENTS MUST TAKE AT LEAST ONE  
FRUIT OR ONE VEGETABLE TO RECEIVE  
THEIR FREE MEAL. LUNCH INCLUDES ENTRÉE,  
FRESH FRUIT, VEGETABLES, AND LOWFAT  
REGULAR OR NON-FAT CHOCOLATE MILK.  
STUDENTS MUST TAKE 3 OF THE 5 FOOD  
GROUPS OFFERED FOR A "COMPLETE" MEAL.  
MENU SUBJECT TO CHANGE.