

October 2024 High School Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
2024-25 Lunch Prices:	October 1	October 2	October 3	October 4
Students: FREE for ALL	Choice of:	Choice of:	Choice of:	Choice of:
Adults: \$4.50 Milk (alone):	Sesame noodles w/	Chicken Filet Sandwich	Curry Beans & Vegetables	Classic Cheese Pizza
\$0.50	edamame	w/sauce	w/Rice	Classic Clieese Fizza
OFFERED DAILY:	edamanie	W/Sauce	W/Mice	BBO Chieken Dizze
Low-fat or fat-free milk	Chicken & Veggie dumplings	Veggie Nuggets and Roll	Tuscan Chicken w/ Rice 🐧	BBQ Chicken Pizza
fresh fruit	(f)	veggie raggete and rein	raccarrenater w racc	Good Food BYO: Salad Bowl
Sunbutter and Jelly		Good Food BYO: Salad Bowl	Good Food BYO: Salad Bowl	G000 F000 BYO. Salad Bowl
Sandwich	Good Food BYO: Salad Bowl	2004 / 004 2 / 0/ 04/44 2011.		Tossed Chef Side Salad
	0000 : 000 2 : 0 : 0 : 0 : 0 : 0 : 0 : 0	Oven Potatoes	Zesty sweet potato fries	Tomato Cucumber Cup
HS Build Your Own (BYO)	Fresh Broccoli w/dip	Sassy Slaw	Three Bean Salad	Tomato Cucumber Cup
Bar changes weekly.	Chili Roasted Sweet	-		
	Potatoes *			
October 7	October 8	October 9	October 10	October 11
Choice of:	Choice of:	Choice of:	Choice of:	Choice of:
Chicken Filet Sandwich w/	Garden Nachos	Deluxe Burger	Local Eastern NC Pork BBQ	Classic Cheese Pizza
sauce		Zeiane Zaigei	w/Roll ♥	Loaded Up Pizza
duoc	Chicken Nachos	Veggie Burger	William V	200000 001 1220
Toasted Cheddar Cheese	Chicken Nacios	veggle burger	Southwest Pasta Salad	Good Food BYO: Baked
Sandwich	Good Food BYO: Baked	Good Food BYO: Baked	Countriest acta Calaa (Potato Bar
Sandwich	Potato Bar	Potato Bar	Good Food BYO: Baked	1 otato Bai
0 15 15 15	Polato bar	Polalo bai	Potato Bar	Caesar Side Salad
Good Food BYO: Baked	Tamatana Lattura Tamata	Frank Dragonli/din	· state Dai	
Potato Bar	Tomatoes, Lettuce, Tomato	Fresh Broccoli w/dip	Baked Beans	Baby Carrots
	Salsa	Oven Sweet Potatoes	Collard Greens	Frank Frank
Tomato Soup	Guacamole		Communication of the control of the	Fresh Fruit
Corn Salad				
October 14	October 15	October 16	October 17	October 18
Choice of:	Choice of:	Choice of:	Choice of:	Choice of:
Vegetable Soft Corn Tacos	Double Cheese Quesadilla	Chicken Chunks & Soft Roll®	Asian-Style Beef & Rice	Veggie Lovers Pizza
			Bowl @	
Chicken Filet Sandwich	Chicken & Cheese	Veggie Nuggets & Soft Roll	25 ©	Classic Cheese Pizza
w/sauce	Quesadilla	reggie riuggete di cerriteni i	Sesame Noodles	
	Questania	Good Food BYO: Burrito	Sesame Noodies	Good Food BYO: Burrito
Good Food BYO: Burrito	Good Food BYO: Burrito	Bowl	Good Food BYO: Burrito	Bowl
Bowl	Bowl	20111	Bowl	
	20111	Zesty Sweet Potato Fries	DOW	Tossed Chef Side Salad
Cucumber Slices	Sassy Tomato Salsa	Three Bean Salad	Fresh Broccoli w/dip	Fresh Veggies w/Dip
Oven Potatoes •	Mexicali Corn	Three Bear Calad	Chili Roasted Sw. Potatoes	
	Mexical Com		Crim roasted Sw. 1 Statues	
	SAMPLE NATION Celebrate Natio	nal School Lunch Week! Oc	tober 14th - 18th 🏽 🦓 🥟	
October 21	October 22	October 23	October 24	October 25
Choice of:	Choice of:	Choice of:	Choice of:	Choice of:
Vegetable Fried Rice	Bean & Cheese Taquitos	Chicken Filet Sandwich w/	Chana Masala w/Rice 🕨	Classic Cheese Pizza 🕨
		sauce		
Chicken & Vegetable	Meatball Sub		Chicken Terriyaki w/Rice	BBQ Chicken Pizza
Dumplings (f)		Tofu Bahn Mi Sandwich		
	Good Food BYO: Asian Bowl		Good Food BYO: Asian Bowl	Good Food BYO: Asian Bowl
Good Food BYO: Asian Bowl		Good Food BYO: Asian Bowl		Cood / Cod B / C. / Iciai/ Boili
	Cherry Tomatoes ♥		Cucumber Salad •	Caesar Side Salad
Fresh Broccoli w/dip	Fiesta Black Beans	Baby Carrots w/dip	Mixed Vegetables	Baby Carrots
Asian Veggie Blend		Summer Corn Salad		200, 00010
October 28	October 29	October 30	October 31	
Choice of:	Choice of:	Choice of:	Choice of:	
Nachos your way:	Jerk Chicken and Rice (f)	Deluxe Beef Burger	Italian Sausage Pasta &	GOOD FOOD Guide
Beef or Bean nachos	JOIN CHICKEH AND NICE (III)	Deluxe Deel Dulyel	Garlic Bread ♥	
Deci of Deal Hacilos	Caribbaan Plank Baana and	Super Veggie Burger	Gaille Dieau 🔻	locally coursed
Good Food BYO: Nacho Bar	Caribbean Black Beans and	ouper veggle burger	Veggie Nuggets & Garlic	locally sourced
Coou i oou b i o. Naciio bal	Rice •	Good Food BYO: Nacho Bar	Bread •	
		GOOD TOOL BYO. NACHO BAI	Diedu -	vegetarian
Tomatoes Lattuce Sales			t and the second	
Tomatoes, Lettuce, Salsa	Good Food BYO: Nacho Bar	Evenyone Leves Oven	Good Food BVO: Nacha Bar	
Tomatoes, Lettuce, Salsa Fiesta Black Beans		Everyone Loves Oven	Good Food BYO: Nacho Bar	
	Stewed Collard Greens ♥	Potatoes		dairy free entrée
			Good Food BYO: Nacho Bar Sliced Cucumbers Mixed Vegetables	

