



October 2024 High School Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2024-25 Lunch Prices: Students: FREE for ALL Adults: \$4.50 Milk (alone): \$0.50 OFFERED DAILY: Low-fat or fat-free milk fresh fruit Sunbutter and Jelly Sandwich</p> <p><i>HS Build Your Own (BYO) Bar changes weekly.</i></p>	<p>October 1 <i>Choice of:</i> Sesame noodles w/ edamame 🍜</p> <p>Chicken & Veggie dumplings 🍲</p> <p><i>Good Food BYO:</i> Salad Bowl</p> <p>Fresh Broccoli w/dip Chili Roasted Sweet Potatoes 🍷</p>	<p>October 2 <i>Choice of:</i> Chicken Filet Sandwich w/sauce</p> <p>Veggie Nuggets and Roll 🍜</p> <p><i>Good Food BYO:</i> Salad Bowl</p> <p>Oven Potatoes Sassy Slaw</p>	<p>October 3 <i>Choice of:</i> Curry Beans & Vegetables w/Rice 🍜</p> <p>Tuscan Chicken w/ Rice 🍲</p> <p><i>Good Food BYO:</i> Salad Bowl</p> <p>Zesty sweet potato fries Three Bean Salad</p>	<p>October 4 <i>Choice of:</i> Classic Cheese Pizza 🍕</p> <p>BBQ Chicken Pizza</p> <p><i>Good Food BYO:</i> Salad Bowl</p> <p>Tossed Chef Side Salad Tomato Cucumber Cup</p>
<p>October 7 <i>Choice of:</i> Chicken Filet Sandwich w/ sauce</p> <p>Toasted Cheddar Cheese Sandwich 🍷</p> <p><i>Good Food BYO:</i> Baked Potato Bar</p> <p>Tomato Soup Corn Salad</p>	<p>October 8 <i>Choice of:</i> Garden Nachos 🍷</p> <p>Chicken Nachos</p> <p><i>Good Food BYO:</i> Baked Potato Bar</p> <p>Tomatoes, Lettuce, Tomato Salsa Guacamole</p>	<p>October 9 <i>Choice of:</i> Deluxe Burger</p> <p>Veggie Burger 🍷</p> <p><i>Good Food BYO:</i> Baked Potato Bar</p> <p>Fresh Broccoli w/dip Oven Sweet Potatoes</p>	<p>October 10 <i>Choice of:</i> Local Eastern NC Pork BBQ w/Roll 🍷</p> <p>Southwest Pasta Salad 🍷</p> <p><i>Good Food BYO:</i> Baked Potato Bar</p> <p>Baked Beans Collard Greens 🍷</p>	<p>October 11 <i>Choice of:</i> Classic Cheese Pizza 🍕</p> <p>Loaded Up Pizza</p> <p><i>Good Food BYO:</i> Baked Potato Bar</p> <p>Caesar Side Salad Baby Carrots</p> <p>Fresh Fruit</p>
<p>October 14 <i>Choice of:</i> Vegetable Soft Corn Tacos 🍷</p> <p>Chicken Filet Sandwich w/sauce</p> <p><i>Good Food BYO:</i> Burrito Bowl</p> <p>Cucumber Slices Oven Potatoes 🍷</p>	<p>October 15 <i>Choice of:</i> Double Cheese Quesadilla 🍷</p> <p>Chicken & Cheese Quesadilla</p> <p><i>Good Food BYO:</i> Burrito Bowl</p> <p>Sassy Tomato Salsa Mexicali Corn</p>	<p>October 16 <i>Choice of:</i> Chicken Chunks & Soft Roll 🍲</p> <p>Veggie Nuggets & Soft Roll 🍷</p> <p><i>Good Food BYO:</i> Burrito Bowl</p> <p>Zesty Sweet Potato Fries Three Bean Salad</p>	<p>October 17 <i>Choice of:</i> Asian-Style Beef & Rice Bowl 🍲</p> <p>Sesame Noodles</p> <p><i>Good Food BYO:</i> Burrito Bowl</p> <p>Fresh Broccoli w/dip Chili Roasted Sw. Potatoes 🍷</p>	<p>October 18 <i>Choice of:</i> Veggie Lovers Pizza</p> <p>Classic Cheese Pizza 🍕</p> <p><i>Good Food BYO:</i> Burrito Bowl</p> <p>Tossed Chef Side Salad Fresh Veggies w/Dip</p>
<p>🍷🍷🍷 Celebrate National School Lunch Week! October 14th - 18th 🍷🍷🍷</p>				
<p>October 21 <i>Choice of:</i> Vegetable Fried Rice 🍷</p> <p>Chicken & Vegetable Dumplings 🍲</p> <p><i>Good Food BYO:</i> Asian Bowl</p> <p>Fresh Broccoli w/dip Asian Veggie Blend</p>	<p>October 22 <i>Choice of:</i> Bean & Cheese Taquitos 🍷</p> <p>Meatball Sub</p> <p><i>Good Food BYO:</i> Asian Bowl</p> <p>Cherry Tomatoes 🍷 Fiesta Black Beans</p>	<p>October 23 <i>Choice of:</i> Chicken Filet Sandwich w/ sauce</p> <p>Tofu Bahn Mi Sandwich 🍷</p> <p><i>Good Food BYO:</i> Asian Bowl</p> <p>Baby Carrots w/dip Summer Corn Salad</p>	<p>October 24 <i>Choice of:</i> Chana Masala w/Rice 🍷</p> <p>Chicken Teriyaki w/Rice 🍲</p> <p><i>Good Food BYO:</i> Asian Bowl</p> <p>Cucumber Salad 🍷 Mixed Vegetables</p>	<p>October 25 <i>Choice of:</i> Classic Cheese Pizza 🍕</p> <p>BBQ Chicken Pizza</p> <p><i>Good Food BYO:</i> Asian Bowl</p> <p>Caesar Side Salad Baby Carrots</p>
<p>October 28 <i>Choice of:</i> Nachos your way: Beef or Bean nachos 🍷</p> <p><i>Good Food BYO:</i> Nacho Bar</p> <p>Tomatoes, Lettuce, Salsa Fiesta Black Beans</p>	<p>October 29 <i>Choice of:</i> Jerk Chicken and Rice 🍲</p> <p>Caribbean Black Beans and Rice 🍷</p> <p><i>Good Food BYO:</i> Nacho Bar</p> <p>Stewed Collard Greens 🍷 NC Sweet Potatoes 🍷</p>	<p>October 30 <i>Choice of:</i> Deluxe Beef Burger</p> <p>Super Veggie Burger 🍷</p> <p><i>Good Food BYO:</i> Nacho Bar</p> <p>Everyone Loves Oven Potatoes Broccoli Salad</p>	<p>October 31 <i>Choice of:</i> Italian Sausage Pasta & Garlic Bread 🍷</p> <p>Veggie Nuggets & Garlic Bread 🍷</p> <p><i>Good Food BYO:</i> Nacho Bar</p> <p>Sliced Cucumbers Mixed Vegetables</p>	<div style="border: 2px solid #008080; border-radius: 25px; padding: 10px; text-align: center;"> <p>GOOD FOOD Guide</p> <p>🍷 locally sourced</p> <p>🍷 vegetarian</p> <p>🍷 dairy free entrée</p> </div>

