

**HS Lunch Menu      October 2017**

**Lancaster Community Schools**

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Popcorn Chicken</b> Cheesy Potatoes Vegetable Salad Bar Fruit Bread Slice	3 <b>Super Nachos or Breaded Fish Sandwich</b> Vegetable Salad Bar Fruit Bread Slice	4 <b>Pizza</b> Vegetable Salad Bar Fruit Slushie or Sherbet Cup Bread Slice  Happy October Birthdays!!!!	5 <b>Corndog Or Chicken Alfredo</b> Baked Potato Vegetable Salad Bar Fruit Bread Slice	6 <b>Hamburger, Brat or Hot Dog</b> Cole Slaw Baked Beans Macaroni Salad Potato Chips Fresh Fruit <b>Homecoming Tail Gate</b>
9 <b>Meatball Sub</b> FF Vegetable Salad Bar Fruit Bread Slice	10 <b>Sloppy Joe on a Bun or Chicken Salad Sandwich</b> Seasoned Potato Wedges Vegetable Salad Bar Fruit Bread Slice	11 <b>Soft Shell Taco</b> Vegetable Salad Bar Fruit Bread Slice	12 <b>Mozz Sticks/Sauce or Spaghetti with Meat Sauce</b> Garlic Bread Stick Salad Bar Fruit Bread Slice	13 <b>Popcorn Chicken</b> Sour Cream & Chive Wedges Vegetable Salad Bar Fruit Bread Slice
16 <b>Walking Taco</b> Vegetable Salad Bar Fruit Bread Slice	17 <b>Chicken &amp; Gravy</b> Over Mashed Potatoes Vegetable Salad Bar Fruit Bread Slice	18 <b>Hamburger on a Bun with Topping Bar</b> FF Vegetable Salad Bar Fruit Bread Slice	19 <b>Orange Chicken/Orange Rice or Breaded Chicken Patty Sand</b> Baked Potato Vegetable Salad Bar Fruit Bread Slice	20 <b>Pizza</b> Vegetable Salad Bar Fruit Bread Slice
23 <b>Chicken Nuggets</b> Baked Potato Vegetable Salad Bar Fruit Bread Slice	24 <b>Spaghetti /Meat Sauce Or Mozz Sticks with Sauce</b> Garlic Bread Stick Salad Bar Fruit Bread Slice	25 <b>Pizza</b> Vegetable Salad Bar Fruit Bread Slice	26 <b>Ham &amp; Cheese Sandwich or Tangy BBQ Rib Sandwich</b> Vegetable Salad Bar Fruit Bread Slice	27 <b>Early Release/ No Lunch</b>
30 <b>Popcorn Chicken</b> Mashed Potatoes Vegetable Salad Bar Fruit Bread Slice	31 <b>Ham &amp; Cheese Sandwich or Hamburger on a Bun</b> FF Vegetable Salad Bar Fruit Bread Slice			<b>1 carton of milk is included with each meal.</b>

Each meal must have a combined  
 $\frac{1}{2}$  cup total of vegetables and/or fruit on the tray  
in order to qualify for a reimbursable lunch.

One full serving from each of 2 other food groups must also be on the tray.

100% WW Bread and Whole Grain Rich Hamburger/ Hot Dog Buns  
are baked to our specifications  
by **Blue Boy Bakery**.

“This institution is an equal opportunity provid