



# FFC8 HIGH SCHOOL LUNCH

October 2017

**2**

**Salisbury Steak w/ Gravy & Egg Noodles**

- Chicken Salad w/ Dinner Roll
- Egg Salad Sub w/ Cheez - It Crackers
- Pizza & Grill Station

*side items*

- Roasted Brussel Sprouts & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

**3**

**Chicken Nugget Country Bowl w/ Tortilla Crisps**

- Ham & Turkey Cobb Salad w/ Soft Pretzel
- Roasted Vegetable Wraps w/ Goldfish Crackers

*side items*

- Roasted Carrots & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

**4**

**Chili Mac w/ Breadstick**

- Apple & Cheese Plate w/ Cinnamon Tortilla Crisps
- Ham & Cheese Sandwich w/ Potato Chips

*side items*

- Steamed Zucchini & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

**5**

**Chicken Tender w/ Cheddar & Chili Flatbread**

- Chicken Popcorn Salad w/ Goldfish Crackers
- Ham, Turkey & Cheese Sandwich w/

*side items*

- Kickin' Pinto Beans & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

**6**

**\*\*\*EARLY RELEASE\*\*\***

- Corn Dogs
- Turkey & Cheese Sandwich

*side items*

- Fresh Fruit or Fresh Vegetable Assorted Milk & 100% Fruit Juice

**9**

\*\*\*CHRISTOPHER COLUMBUS DAY\*\*\*  
\*\*NO SCHOOL\*\*

*side items*

**10**

**Fish Sticks w/ Mac and Cheese**

- Turkey Chef Salad w/ Dinner Roll
- Roman Croissant w/ Goldfish Crackers
- Pizza & Grill Station

*side items*

- Steamed Green Beans & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

**11**

**Drumstick w/ Soft Pretzel**

- Beef Nacho Salad w/ Tortilla Chips
- Ham & Cheese Sandwich w/ Potato Chips
- Pizza & Grill Station

*side items*

- Sweet Potato Fries & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

**12** **Fuel**

**Chick N' Cheese Griller**

- Chicken Popcorn Salad w/ Flatbread
- Tuna Salad Sub w/ Mini Pretzels
- Pizza & Grill Station

*side items*

- Chipotle BBQ Black Beans & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

**13**

**Sweet & Sour Broccoli Chicken w/ Vegetable Egg Roll**

- Tuna Platter w/ Pretzel Roll
- Ham & Cheese Wrap w/ SunChips

*side items*

- Steamed Collard Greens & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

**16**

**Chicken Tenders w/ Dinner Roll**

- Baja Vegetable Salad w/ Soft Pretzel
- Ham & Cheese Sandwich w/ Cheez - It Crackers

*side items*

- Mashed Potatoes & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

**17**

**Rotini w/ Italian Meatsauce & Breadstick**

- Chicken Caesar Salad w/ Goldfish Crackers
- Turkey Wraps w/ Goldfish Crackers

*side items*

- Steamed Green Beans & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

**18** **Fuel**

**Steak N' Cheese Griller**

- Ham & Turkey Chef Salad w/ Flatbread
- Egg Salad Sandwich w/ Potato Chips
- Pizza & Grill Station

*side items*

- Orange Glazed Carrots & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

**19**

**Sausage & Red Bean Bowl w/ Santa Fe Rice**

- Egg Chef Salad w/ Dinner Roll
- Chicken Salad Sandwich w/ Mini Pretzels

*side items*

- Vegetarian Baked Beans & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

**20**

\*\*PARENT - TEACHER - CONFERENCE\*\*  
\*NO SCHOOL\*

*side items*

**23**

**Meatloaf w/ Gravy & Dinner Roll**

- Winter Fruit & Cheese Plate w/ Cinnamon Tortilla Crisps
- Turkey Sandwich w/ Cheez - It Crackers

*side items*

- French Fries & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

**24**

**Chicken Popcorn Bowl w/ Soft Pretzel**

- Tuna Platter w/ Dinner Roll
- Ham & Cheese Sub w/ Goldfish Crackers
- Pizza & Grill Station

*side items*

- Roasted Cauliflower & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

**25**

**Mac & Cheese w/ Ham & Breadstick**

- Ham & Turkey Cobb Salad w/ Flatbread
- Buffalo Chicken Wrap w/ Potato Chips
- Pizza & Grill Station

*side items*

- Roasted Acorn Squash & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

**26**

**Tater Bite Chicken Nachos w/ Tortilla Chips**

- Chicken Ranch Salad w/ Soft Pretzel
- Three Cheese Wraps w/ Mini Pretzels

*side items*

- Campfire Chipotle Beans & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

**27**

**Cajun Chili Fries Bowl w/ Flatbread**

- Vegetarian Greek Salad w/ Pretzel Roll
- Egg Salad Sandwich w/ SunChips
- Pizza & Grill Station

*side items*

- Steamed Broccoli & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

**30**

**Cheesy Pizza Sticks w/ Marinara Sauce**

- Chicken Chef Salad w/ Pretzel Roll
- Turkey Santa Fe Wrap w/ Cheez - It Crackers
- Pizza & Grill Station

*side items*

- Steamed Corn & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

**31** **Halloween**

**Cajun Meatball Stew w/ Dinner Roll**

- Chicken Nacho Salad w/ Tortilla Crisps
- Ham & Cheese Sandwich w/ Goldfish Crackers

*side items*

- Winter Vegetables & Fruit and Vegetable Cart
- Assorted Milk & 100% Fruit Juice

**1**

*side items*

**2**

*side items*

**3**

*side items*

\*\*\*Daily we offer different entree choices. Each entree has to include a fruit and/ or vegetable serving.\*\*\*

Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

This institution is an equal opportunity provider.

### \*\*\*\*\*REFRESH AND RECHARGE\*\*\*\*\*



### FRUIT AND VEGETABLE CART

Daily rotation of vitamin rich fruits and vegetables from the fruit and vegetable cart.

### HOT SIDE ITEM

We offer daily a hot side item.



### CHOICE OF MILK

We offer different kind of milk choices.

