



OCTOBER | 2018

Milk *MSHS Lunch Menu*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheeseburger sandwich or Main dish option Seasoned fries Mixed vegetables or Vegetable option Hot cinnamon apples or Fruit option Pickle slices Milk	2 Taco salad on tortilla chips With lettuce and cheese Or Main dish option Refried beans Corn or Vegetable option Banana or Fruit option Milk	3 Chicken fried steak or Main dish option Mashed potatoes Green beans or Vegetable option Peaches or Fruit option Roll with margarine Milk	4 General Tso chicken or Main dish option Brown rice Broccoli or Vegetable option Mandarin oranges or Fruit option Biscuit with margarine Milk	5 Chicken noodle soup with Cheese sticks and crackers Or Main dish option Hot carrots or Vegetable option Applesauce or Fruit option Milk
8 Pizza or Main dish option Romaine salad with dressing California blend or Vegetable option Pears or Fruit option Milk	9 Corn dog or Main dish option Baked beans Corn or Vegetable option Orange wedges or Fruit option Milk	10 Chicken patty sandwich Or Main dish option Sweet potato fries Peas or vegetable option Mixed fruit or Fruit option Pickle slices Milk	11 Chicken noodles or Main dish option Mashed potatoes Green beans or Vegetable option Pineapple tidbits or Fruit option Roll with margarine Milk	12 No school Parent Teacher Conferences
15 Fall break	16 Fall break	17 Fall break	18 Fall break	19 Fall break
22 Hot dog sandwich or Main dish option Scalloped potatoes Mixed vegetables or Vegetable option Hot cinnamon apples or Fruit option Milk	23 Chicken drumsticks or Main dish option Mashed potatoes Corn or Vegetable option Banana or Fruit option Roll with margarine Milk	24 Beef flatbread tacos With cheese and lettuce Or Main dish option Refried beans Green beans or Vegetable option Peaches or Fruit option Milk	25 Ham & cheese calzone Or Main dish option Hot carrots or Vegetable option Applesauce or Fruit option Milk	26 Spaghetti with meat sauce Or Main dish option Broccoli or Vegetable option Mandarin oranges or Fruit option Breadstick with cheese Milk
29 Crispito with cheese Or Main dish option Refried beans Corn or Vegetable option Pineapple tidbits or Fruit option Chips & salsa Milk	30 Cheeseburger sandwich Or Main dish option Potato wedges California blend or Vegetable option Pears or Fruit option Pickle slices Milk	31 Chili with Peanut butter Sandwich and crackers or Main dish option Spinach or Vegetable option Peaches or Fruit option Milk	Nov. 1-Chicken nuggets or Main dish option Mashed potatoes Peas or Vegetable option Orange wedges or Fruit option Biscuit with margarine Milk	Nov. 2-Sloppy Joe Sandwich or Main dish Option Baked or sweet potato Roasted cauliflower or Vegetable option Mixed fruit or Fruit option Milk

News

Breakfast is served daily in both cafeterias from 7:40am to 7:55am. Everyone is welcome to join us for breakfast. Those receiving free lunch are also able to eat breakfast free. Reduced breakfast is \$.30. Paid breakfast is \$1.60. Adult breakfast is \$1.90.

Please remember there is a \$10 charge limit in the cafeteria. This applies to students and staff. Please make sure student lunch accounts are current to avoid being served a cheese sandwich and a milk.