

HIGH SCHOOL Menu OCTOBER

BREAKFAST

EACH ENTREE IS SERVED WITH FRUIT, 100% FRUIT JUICE AND MILK.
Peach Mango Smoothie and Granola. Available at select locations.

MONDAY

French Toast Sticks
Golden Grahams and Cheese Stick
BeneFIT Bar (Apple Blueberry or Oatmeal Chocolate Chip)
Cinnamon Cream Cheese Bagel-ful

TUESDAY

Chicken Biscuit
Trix and Cheese Stick
BeneFIT Bar (Apple Blueberry or Oatmeal Chocolate Chip)
Pumpkin Scone & Yogurt

WEDNESDAY

Mini Maple Pancakes and Sausage™
Honey Nut Cheerios and Cheese Stick
BeneFIT Bar (Apple Blueberry or Oatmeal Chocolate Chip)
Cinnamon Cream Cheese Bagel-ful

THURSDAY

Breakfast Quesadilla™
Apple Jacks and Cheese Stick
BeneFIT Bar (Apple Blueberry or Oatmeal Chocolate Chip)
Pumpkin Scone & Yogurt

FRIDAY

Italian Sausage Breakfast Bowl™
Cinnamon Toast Crunch and Cheese Stick
BeneFIT Bar (Apple Blueberry or Oatmeal Chocolate Chip)
Cinnamon Cream Cheese Bagel-ful

VISIT OUR WEBSITE!

diningservices.scps.us



Seminole County
Public Schools
Dining Services



Pay for breakfast and
lunch at:
myschoolbucks.com



Breakfast \$1.75
Lunch \$3.00

Menu is subject to change.

= Contains Pork

LUNCH

EVERYDAY FAVORITES

ALL ITEMS INCLUDE A VARIETY OF SEASONAL FRUIT, VEGETABLES, JUICE AND MILK.



CHICKEN SANDWICH MEAL

Choose from:
Grilled Chicken Sandwich or
Crispy Chicken Sandwich



GIANNI'S™ OVEN FRESH PIZZA MEAL

Choose from:
Cheese, Pepperoni™
or Supreme™



SUB SANDWICH MEAL

Choose from:
Chicken Parm Sub
or Turkey Bacon Flatbread™



SPECIALTY SALAD MEAL

Freshly prepared salads topped with
flavorful meats and cheeses
(Vegan options available)



YOGURT PARFAIT MEAL

Yoplait® yogurt and
fruit topped with
homemade granola

DAILY SPECIALS

ALL ITEMS INCLUDE A VARIETY OF SEASONAL FRUIT, VEGETABLES, JUICE AND MILK.

MONDAY 10/2



Flame Grilled® Burger
or
Black Bean Burger
French Fries

TUESDAY 10/3



Chicken Quesadilla
Corn
Black Beans

WEDNESDAY 10/4



Baked Ziti
Broccoli
Garlic Breadstick

THURSDAY 10/5



Chicken Nuggets
Mashed Potatoes
Gravy
Dinner Roll

FRIDAY 10/6



Maple Waffles
Apple Topping
Eggs and Sausage™
Home Fries

MONDAY 10/9



Flame Grilled® Burger
or
Black Bean Burger
French Fries

TUESDAY 10/10



Chicken Fajitas
Peppers and Onions
Cheese
Salsa

WEDNESDAY 10/11



Spaghetti & Meatballs™
Broccoli
Garlic Breadstick

THURSDAY 10/12



Chicken Nuggets
Mashed Potatoes
Gravy
Dinner Roll

FRIDAY 10/13



Chicken and Waffles
Sweet Potato Fries

MONDAY 10/16



Flame Grilled® Burger
or
Black Bean Burger
French Fries

TUESDAY 10/17



Nachos
with toppings
Black Beans

WEDNESDAY 10/18



Baked Ziti
Broccoli
Garlic Breadstick

THURSDAY 10/19



Chicken Nuggets
Mashed Potatoes
Gravy
Dinner Roll

FRIDAY 10/20



Teriyaki Chicken or
Orange Chicken
Green Beans
Rice or Noodles

MONDAY 10/23



Flame Grilled® Burger
or
Black Bean Burger
French Fries

TUESDAY 10/24



Hard or Soft Tacos
with toppings
Tortilla Chips
Black Beans

WEDNESDAY 10/25



Chicken Parmesan
Spaghetti
Broccoli

THURSDAY 10/26



Chicken Nuggets
Mashed Potatoes
Gravy
Dinner Roll

FRIDAY 10/27



Maple Waffles
Apple Topping
Eggs and Sausage™
Home Fries

MONDAY 10/30



Flame Grilled® Burger
or
Black Bean Burger
French Fries

TUESDAY 10/31



Chicken or Beef Burrito
Refried Beans

For more information, visit: bit.ly/MealsAtNoCost

Breakfast and Lunch Meals* at No-Cost for ALL Students

SEPTEMBER 18 - OCTOBER 20

*Ala carte purchases will be charged as normal

ALA CARTE AVAILABLE EVERYDAY

FRESH FROM THE OVEN

Gianni's® Pizza Slice 2.25
Personal Pan Pizza 2.50

CLASSIC FAVORITES

Chicken Sandwich 2.25
Sub/Flatbread 2.25
Popcorn Chicken 2.00

LIGHTER CREATIONS

Assorted Specialty Salads 2.75

SIDES & SNACKS

Fresh Fruit .75
Fresh Veggies with Dip .75
Cheese Stick .40
Side Salad 1.25
Baked Chips or Popcorn .75
Fresh Baked Cookie .75
BeneFIT Bar 1.25
Hershey® Ice Cream 1.00*
Welch's® Fruit Snacks 1.00

DRINKS

Nestle® Water 1.00
T.G. Lee® Milk .75
Envy® 1.50
Fruit Smoothie 1.75
Apple & Eve® Juice Box .75

*Ice Cream available
at select locations.