



HIGH SCHOOL October Menu



Manage your meals online at:
MySchoolBucks.com

FREE Breakfast and Lunch Meals for a
Limited Time in Support of Our Community

★ = Limited Time Only
🐷 = This Contains Pork

BREAKFAST

All Meals Include An Entrée, Fruit,
100% Fruit Juice and/or Milk

MONDAY

French Toast Sticks
General Mills® Cereals and Cheese Stick
BeneFIT® Bar

TUESDAY

Chicken Biscuit
General Mills® Cereals and Cheese Stick
BeneFIT® Bar

WEDNESDAY

Mini Maple Pancakes and Sausage 🐷
General Mills® Cereals and Cheese Stick
BeneFIT® Bar

THURSDAY

Chicken Biscuit
General Mills® Cereals and Cheese Stick
BeneFIT® Bar

FRIDAY

Bacon, Egg & Cheese Croissant 🐷
General Mills® Cereals and Cheese Stick
BeneFIT® Bar

Menus including A La Carte Menu
available online at RedAppleDining.com

FEATURED MEAL OF THE DAY

All Meals Include an Entrée, Fruit,
Juice, Vegetables and/or Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Baked Pasta Broccoli Garlic Breadstick	Orange Chicken or Teriyaki Chicken California Veggies Rice
5	6	7	8	9
100% All Beef Burger or Black Bean Burger French Fries	Chicken or Beef Burrito Bowl with Toppings	Boneless Wings Mashed Potatoes Gravy Dinner Roll	Chicken Alfredo Broccoli Garlic Breadstick	Szechuan Chicken or Orange Chicken Lo Mein Noodles Green Beans
12	13	14	15	16
100% All Beef Burger or Black Bean Burger French Fries	Chicken or Beef Burrito Bowl with Toppings	Boneless Wings Mashed Potatoes Gravy Dinner Roll	Baked Pasta Broccoli Garlic Breadstick	Chicken & Waffles Home Fries
19	20	21	22	23
100% All Beef Burger or Black Bean Burger French Fries	Chicken or Beef Burrito Bowl with Toppings	Boneless Wings Mashed Potatoes Gravy Dinner Roll	Chicken Alfredo Broccoli Garlic Breadstick	Szechuan Chicken or Orange Chicken Lo Mein Noodles Green Beans
26	27	28	29	30
100% All Beef Burger or Black Bean Burger French Fries	Chicken or Beef Burrito Bowl with Toppings	Boneless Wings Mashed Potatoes Gravy Dinner Roll	Baked Pasta Broccoli Garlic Breadstick	Chicken & Waffles Home Fries



Menu is subject to change.

EVERYDAY FAVORITES

**YOGURT
PARFAIT MEAL**
(Starting Oct 13th)

**SPECIALTY
SALAD MEAL**
Turkey & Cheese
or Chicken Caesar

**OVEN FRESH
PIZZA MEAL** 🐷
Cheese, Pepperoni
or Buffalo Chicken

**CHICKEN
SANDWICH MEAL**
Crispy Chicken Sandwich
or Hot Italian Sandwich
(Starting Oct 5th)