

October 2020

High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 A: Boneless Wings with Roll B: Cheese Pizza* Peaches, 100% Apple Juice, Baked Fries, Baby Carrots, Choice of Milk	2 A: Boneless Wings with Roll B: Cheese Pizza* Peaches, 100% Apple Juice, Baked Fries, Baby Carrots, Choice of Milk
5 Meal Kit Monday (See Separate Menu)	6 A: Chicken Patty Sandwich B: Cheese Pizza* Applesauce, Fresh Apple, Green Beans, Baby Carrots, Choice of Milk	7 A: Chicken Patty Sandwich B: Cheese Pizza* Applesauce, Fresh Apple, Green Beans, Baby Carrots, Choice of Milk	8 A: Cheeseburger B: Cheese Pizza* Peaches, 100% Apple Juice, Baked Fries, Baby Carrots, Choice of Milk	9 A: Cheeseburger B: Cheese Pizza* Peaches, 100% Apple Juice, Baked Fries, Baby Carrots, Choice of Milk
12 Meal Kit Monday (See Separate Menu)	13 A: Pretzel Melt with Ham and Cheese B: Cheese Pizza* Pears, Fresh Apple, Baked Beans, Baby Carrots, Choice of Milk	14 A: Pretzel Melt with Ham and Cheese B: Cheese Pizza* Pears, Fresh Apple, Baked Beans, Baby Carrots, Choice of Milk	15 A: BBQ Pulled Pork Sandwich B: Stuffed Breadstick Trio with Marinara Sauce* Mixed Fruit, 100% Apple Juice, Baked Fries, Baby Carrots, Choice of Milk	16 A: BBQ Pulled Pork Sandwich B: Stuffed Breadstick Trio with Marinara Sauce* Mixed Fruit, 100% Apple Juice, Baked Fries, Baby Carrots, Choice of Milk
19 Meal Kit Monday (See Separate Menu)	20 A: Nachos with Chicken and Cheese B: Cheese Pizza* Applesauce, Fresh Apple, Green Beans, Baby Carrots, Choice of Milk	21 A: Nachos with Chicken and Cheese B: Cheese Pizza* Applesauce, Fresh Apple, Green Beans, Baby Carrots, Choice of Milk	22 A: French Toast Sticks with Eggs and Syrup* B: Cheese Pizza* Peaches, 100% Apple Juice, Baked Fries, Baby Carrots, Choice of Milk	23 A: French Toast Sticks with Eggs and Syrup* B: Cheese Pizza* Peaches, 100% Apple Juice, Baked Fries, Baby Carrots, Choice of Milk
26 Meal Kit Monday (See Separate Menu)	27 A: Mac and Cheese Bowl with Chicken Nuggets B: Cheese Pizza* Pears, Fresh Apple, Baked Beans, Baby Carrots, Choice of Milk	28 A: Mac and Cheese Bowl with Chicken Nuggets B: Cheese Pizza* Pears, Fresh Apple, Baked Beans, Baby Carrots, Choice of Milk	29 A: Chicken Patty Sandwich B: Stuffed Breadstick Trio with Marinara Sauce* Mixed Fruit, 100% Apple Juice, Baked Fries, Baby Carrots, Choice of Milk	30 A: Chicken Patty Sandwich B: Stuffed Breadstick Trio with Marinara Sauce* Mixed Fruit, 100% Apple Juice, Baked Fries, Baby Carrots, Choice of Milk

Grab and Go Entrees

Triple Decker Peanut Butter and Jelly

Chicken Caesar Salad with Roll

Tuna Wrap (Available the weeks of 10/5 and 10/19)

Chicken Salad Wrap (Available the weeks of 10/12 and 10/26)

Daily Choices

Milk: Skim Chocolate, 1% White

* = Lacto-Ovo Vegetarian entree, may contain milk and eggs

Meal Kit Mondays

Stop by one of the schools listed below between 10:00am and 11:30am to pick up a kit containing breakfast and lunch meals for 3 days: Donegan, Fountain Hill, Marvine, Broughal, Northeast.

Meals are free for all students!

Five food groups are offered at lunch: protein, grain, vegetable, fruit and milk. To make a meal, students must select foods from at least 3 different food groups. At least one item must be a ½ cup fruit, ½ cup vegetable or a 4oz fruit juice. Meals without a fruit or vegetable will be charged a la carte pricing.

For more information, visit us online at:
<https://www.basdschools.org/dining>