

OCTOBER 2023

SHS



AVAILABLE DAILY

Daily Breakfast

Assorted Cereal
Yogurt w/ Grahams
Fruit & Fruit Juice Variety

Daily Lunch

PBJ w/ Cheddar Goldfish
Yogurt w/ Cheesestick & Grain
Assorted Fresh Fruits

Milk Choice

1% Unflavored
FF Chocolate or Strawberry

Daily Deli Offerings

Monday

Turkey Sub, Assorted Salads, Cheeseburger, Pizza,
Yogurt Parfait

Tuesday

Italian Sub, Assorted Salads, Cheesesteak Wrap,
Chicken Tenders, Yogurt Parfait

Wednesday

Ham Sub, Assorted Salads, Crispy & Spicy Chicken
Patty, Papa John's Pizza, Blue Jay Box

Thursday

Italian Sub, Assorted Salads, Crispy or Spicy Chicken
Wrap, Bacon Cheeseburger, Chicken Tenders

Friday

Assorted Subs, Assorted Salads, Beef Hot Dog, Pizza

**Monday
October 2nd**

Breakfast

Mini Apple
Breakfast Bites

Lunch

Chicken Drumstick
w/ Biscuit
Pulled Pork Sandwich
Open Hearth
Baked Beans
Cucumber Veggie Cup
Cool Pears

**Tuesday
October 3rd**

Breakfast

Breakfast Bun

Lunch

Shrimp Poppers
w/ Mac + Cheese
Chicken Cheesesteak
Seasoned Green Beans
Celery Sticks
Chilled Mixed Fruit

**Wednesday
October 4th**

Breakfast

Toasted Pastry

Lunch

Papa John's Pizza
Buffalo Chicken
Pizza
Buttery Corn
Baby Carrots
Juicy Peaches

**Thursday
October 5th**

Breakfast

Pigglestick

Lunch

General Tso's Chicken
w/ Rice
BBQ Teriyaki
Chicken w/ Rice
Broccoli Trees
Red + Green Pepper
Veggie Cup
Pineapple Tidbits

**Friday
October 6th**

Breakfast

Assorted Muffins

Lunch

Cheeseburger
Beef Hot Dog on Roll
Potato Smiles
Baby Carrots
Fresh Apple Slices

**World Smile
Day**

**Monday
October 9th**

Breakfast

Asst. Bread Slices

Lunch

Classic Chicken Wings
w/ Roll
Fish Nuggets w/ Roll
Crispy Potato Wedges
Cucumber Veggie Cup
Applesauce Cups

**Tuesday
October 10th**

Breakfast

Breakfast Bar

Lunch

French Toast Sticks
w/ Stuffed Hashbrown
Breakfast Pizza
Tater Tots
Baby Carrots
Chilled Orange Juice

**Wednesday
October 11th**

Breakfast

Blue Jay
Breakfast Sandwich

Lunch

Papa John's Pizza
Mandarin Orange
Chicken w/ Rice
Seasoned Broccoli
Cucumber Veggie Cup
Frozen Fruit Cup

**Thursday
October 12th**

Breakfast

Pigglestick

Lunch

Walking Taco
Chicken Fajitas
Chipotle Bean Salad
Shredded Lettuce +
Diced Tomato Cup
Cool Pears

**Friday
October 13th**

**No
School**

National School Lunch Week

**ALL STUDENTS EAT ALL
MEALS AT NO COST
AGAIN THIS YEAR**

**This institution is an equal
opportunity provider.**

**Monday
October 16th**

Breakfast

Mini Apple
Breakfast Bites

Lunch

Chicken Tenders
w/ Roll
Hot Ham + Cheese
on Pretzel Bun
Open Hearth
Baked Beans
Baby Carrots
Applesauce Cups

**Tuesday
October 17th**

Breakfast

Breakfast Bun

Lunch

Spaghetti
w/ Meat Sauce
w/ Garlic Breadstick
Crispy Fish Sticks
w/ Breadstick
Seasoned Green Beans
Garden Salad
w/ Tomatoes
Frozen Fruit Cup

**Wednesday
October 18th**

Breakfast

Toasted Pastry

Lunch

Papa John's Pizza
Buffalo Chicken
Mac + Cheese
Marinated
Vegetable Salad
Baby Carrots
Chilled Mixed Fruit

**Thursday
October 19th**

Breakfast

Pigglegstick

Lunch

General Tso's Chicken
w/Rice
BBQ Teriyaki
Chicken w/ Rice
Steamed Broccoli
Red + Green Pepper
Veggie Cup
Pineapple Tidbits

**Friday
October 20th**

Breakfast

Asst. Muffins

Lunch

Philly Cheesesteak
Meatball Sub
Crispy Fries
Cucumber Veggie
Cup
Fresh Apple Slices

**Monday
October 23rd**

Breakfast

Asst. Bread Slices

Lunch

Chicken Sandwich
(Crispy or Spicy)
Rib BBQ Sandwich
Sweet Potato
Crinkle Cut Fries
Baby Carrots
Applesauce Cups

**Tuesday
October 24th**

Breakfast

Breakfast Bar

Lunch

Shepherd's Pie
w/ Biscuit
Grilled Cheese
Garden Peas
Cucumber Veggie Cup
Chilled Mixed Fruit

**Wednesday
October 25th**

Breakfast

Blue Jay
Breakfast Sandwich

Lunch

Papa John's Pizza
Max Sticks
w/ Pizza Sauce
Broccoli Trees
Celery Sticks
Frozen Fruit Cup

**Thursday
October 26th**

Breakfast

Pigglegstick

Lunch

Walking Taco
Chicken Fajitas
Chipotle Bean Salad
Shredded Lettuce +
Diced Tomato Cup
Cool Pears

**Friday
October 27th**

Breakfast

Blueberry
Crumb Cake

Lunch

Popcorn Chicken
w/ Roll
Turkey + Cheese Sub
Fluffy Mashed
Potatoes
Celery Sticks
Fresh Apple Slices

**Monday
October 30th**

**No
School**

**Tuesday
October 31st**

Breakfast

Breakfast Bun

Lunch

Shrimp Poppers
w/ Mac + Cheese
Chicken Cheesesteak
Seasoned Green Beans
Celery Sticks
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Breakfast

Corned Pancakes

Lunch

Max Sticks
w/ Pizza Sauce
Fresh Broccoli Trees
Frozen Fruit Cup

**New on-line meal
payments system is
LINQ Connect.**

**Information needed
Student first & last name
Student date of birth**

3 easy steps

1. Register at
<https://linqconnect.com>
2. Confirm Email
3. Sign in

- Make online payment for cafeteria meal accounts
- Remotely monitor meal accounts
- Set up automatic payments
- Set up low balance e-mail message alerts