



LUNCH: \$3.00

MILK ONLY:
\$0.75

BREAKFAST \$1.50
SERVED DAILY
Cold and hot items
available daily



Please notify
your server
of food
allergies

ARLINGTON PUBLIC SCHOOLS HIGH SCHOOL MENU OCTOBER 2018

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Popcorn Chicken Bowl with Mashed potatoes, Corn and optional gravy Fresh veggie sticks Fresh grapes	Homemade WG cheese sticks with marinara dipping sauce, tomato and mozzarella salad, fresh fruit bowl	Hamburger or black bean veggie burger on a whole wheat roll, lettuce & tomato, baked potato wedges, three bean salad, melon slices	Crispy chicken deluxe sandwich with lettuce and tomato Spinach salad & garbanzo beans Pineapple cubes	Sweet & sour chicken & stir fry broccoli over rice Fresh grapes Apple crisp
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
 Columbus Day	Hot chicken wings, baked potato puffs, Celery sticks and ranch dip	Breakfast for lunch plain or blueberry pancakes, hash brown patty, sausage and fresh fruit cups	WG nacho chips with taco meat and cheese Lettuce, tomato & salsa Tomato, black bean & corn salad, fresh fruit	Tomato soup, grilled cheese panini, fresh baby carrots Fresh apple slices
National School Lunch Week October 15-19 – thank your school lunch staff!				
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Pulled BBQ Pork sandwich on WG roll Onion rings Cole slaw Spiced applesauce	Fresh fruit salad, WG bagel, yogurt and fruit parfait, fresh baby carrots ranch dip	Baked, breaded mozzarella cheese sticks with marina sauce, oven baked crinkle cut fries, strawberry cup	Hot Turkey Dinner Mashed potatoes & gravy, stuffing Cranberry sauce Warm spiced apples, acorn squash	Homemade macaroni & cheese with whole grain honey wheat roll Seasoned broccoli Fresh pears
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
All beef hot dog on whole grain roll Vegetarian baked beans, 100 % apple juice cup	Chicken Caesar salad wrap, baked chips, fresh baby carrots and LF ranch dip, fresh apple slices	Honey BBQ Turkey tips, Warm fresh biscuit BBQ baked beans Mashed potatoes	Ham and cheese grilled panini oven baked fries, fresh broccoli salad, strawberry cup with topping	Homemade beef & bean chili Fresh corn bread Steamed broccoli with parmesan Fresh fruit and veggie choices
MONDAY 29	TUESDAY 30	WEDNESDAY 31	Prepayments can be made by check to your child's cafeteria or online at: 	
Turkey, bacon & cheese flatbread Spicy potato wedges Cucumber slices Mandarin oranges	Spaghetti & meatballs garlic toast Caesar salad Strawberry cup	BBQ Chicken & corn bread square BBQ baked beans Seasoned green beans Fresh grapes		

Daily Alternates:

Fresh Deli Bar

Fresh Salad Bar

Pizza/Pasta

Grab and go salads & sandwiches

Assorted hot items

All Meals come with low-fat, non-fat, or non-fat chocolate milk



Assorted fruits and veggies are available daily in addition to items listed.

