

OCTOBER 2024

North Cedar Jr/Sr High Lunch Menu

Oct 1-4: Italian Flatbread Melt, Chef Salad, Yogurt Parfait
 Oct 7-11: Knight Bites, Cobb Salad, Yogurt Parfait
 Oct 15-18: Turkey Bacon Wrap, Chef Salad, Yogurt Parfait
 Oct 21-25: Muffin/Yogurt/String Cheese, Crispy Chicken Salad, Ham & Provolone Flatbread
 Oct 28-31: Club Sandwich Taco Salad, Yogurt Parfait

Monday



Tuesday

Wednesday

Thursday

Friday

Pork Chop or Salisbury **1**
 Steak, Mashed Potatoes, Gravy
 Corn, B&B Sandwich
 Applesauce, Peaches
 Fruit of Choice
 Fresh Veggies
 Milk of Choice

Cavatelli Pasta **2**
 Cheese Stick
 Green Beans, Parmesan
 Cheese, Applesauce
 Pears, Sidekick Slushie
 Fresh Veggies
 Milk of Choice

Popcorn Chicken **3**
 Oven Fries
 Cake of Choice
 Applesauce
 Mandarin Oranges
 Fruit of Choice, Fresh Veggies
 Milk of Choice

Hamburger on WG Bun **4**
 Bacon, Cheese Slice, Lettuce
 Tomato, Onion, Pickle
 Baked Beans, Chips, Italian
 Pasta Salad, Potato Salad
 Applesauce, 2 Fruits of Choice
 Fresh Veggies, Milk of Choice

French Bread Pizza **7**
 California Vegetables
 Ice Cream
 Applesauce, Peaches
 Fruit of Choice
 Fresh Veggies
 Milk of Choice

Chicken Fajitas on Tortilla **8**
 Shell, Fiesta Beans, Shredded
 Cheese and Lettuce, Salsa
 Sour Cream, Grilled Peppers &
 Onions, Applesauce
 Pineapple, Fruit of Choice
 Fresh Veggies, Milk of Choice

Chicken Patty or Spicy Chicken **9**
 Patty on WG Bun
 Fries, Peas
 Applesauce, Tropical Fruit
 Fruit of Choice
 Fresh Veggies
 Milk of Choice

Grill Out **10**
 Hamburgers
 Hot Dogs and Cheddarwurst
 on WG Bun
 Chips, Watermelon
 Fresh Veggies
 Milk of Choice

11
 No School

14
 No School

Orange Chicken **15**
 Brown Rice/Fried Rice
 Broccoli, Fortune Cookie
 Graham of Choice
 Applesauce, Pineapple
 Fruit of Choice, Fresh Veggies
 Milk of Choice

Nacho Chips Ahoy **16**
 (Beef Nachos), Salsa, Sour
 Cream, Shredded Cheese and
 Lettuce, Guacamole, Queso
 Applesauce, Treasure Chest
 Fruit Salad, Fruit of Choice
 Fresh Veggies, Milk of Choice

(Peg Legs) Chicken Drumstick **17**
 Baked Potato
 Broccoli, Cheese, Sour Cream
 Biscuit, Applesauce
 Fruit Cocktail
 Fruit of Choice, Fresh Veggies
 Milk of Choice

Mac & Cheese Bites **18**
 Little Smokies
 Peas, Pumpkin Bars
 Applesauce
 2 Fruits of Choice
 Fresh Veggies
 Milk of Choice

BBQ Rib or Pulled Pork **21**
 on WG Bun, Pickle
 Baked Beans, Tater Tots
 Applesauce, Mandarin Oranges
 Fruit of Choice
 Fresh Veggies
 Milk of Choice

Chicken Nuggets **22**
 Mashed Potatoes, Gravy
 Corn, B&B Sandwich
 Applesauce, Peaches
 Fruit of Choice
 Fresh Veggies
 Milk of Choice

Homemade Lasagna **23**
 Garlic Bread
 Green Beans, Parmesan
 Cheese, Applesauce
 Tropical Fruit, Fruit of Choice
 Fresh Veggies
 Milk of Choice

Beef and Cheese **24**
 Enchiladas, Spanish Rice
 Salsa, Sour Cream
 Applesauce, Froot Jooce Slushie
 Fruit of Choice
 Fresh Veggies
 Milk of Choice

Breaded Chicken Breast **25**
 Chips, Sweet Potatoes
 Pickle, Onion, Lettuce, Tomato
 Applesauce
 2 Fruits of Choice
 Fresh Veggies
 Milk of Choice

Chicken Strips **28**
 Party Potatoes
 Tiger Grahams
 Applesauce, Pears
 Fruit of Choice
 Fresh Veggies
 Milk of Choice

Crispito **29**
 Spanish Rice, Salsa, Sour
 Cream, Shredded Cheese or
 Cheese Sauce, Applesauce
 Mandarin Oranges
 Fruit of Choice, Fresh Veggies
 Milk of Choice

Chicken Wings **30**
 BBQ, Buffalo or Garlic Parm
 Onion Rings, Brownie
 Applesauce, Peaches
 Fruit of Choice
 Fresh Veggies
 Milk of Choice

Mummy Cheddarwurst **31**
 or Hot Dog
 Baked Beans, Chips, Cookie
 Applesauce, Pineapple
 Fruit of Choice
 Fresh Veggies
 Milk of Choice



National School Lunch Week is Oct 14-18.

Theme is "School Lunch Pirates. Find Your Treasure."

"X marks the spot to eat school lunch." We invite you to eat lunch with your child for just \$5.00!