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OCTOBER



Muroc JUSD Jr.-Sr. High School Lunch 2017

C3S

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>CHICKEN NUGGETS TURKEY HAM & CHEESE SANDWICH ^ Diced Pears Multi Grain Sun Chips ^ Salad Bar Selections</p>	<p>3</p> <p>CHEESE PIZZA WEDGE ^ SLOPPY JOE Hamburger Bun PIZZA DIPPERS Marinara Dipping Sauce Orange Sorbet 100% Juice Diced Peaches Salad Bar Selections Green Pepper Slices</p>	<p>4</p> <p>TACO MEAT Tostada Bowl^ POPCORN CHICKEN TURKEY BURGER Hamburger Bun ^ Pineapple Tidbits Fresh Orange* Snickerdoodle Cookie Salad Bar Selections Black Beans Corn</p>	<p>5</p> <p>CRISPY CHICKEN FILLET Hamburger Bun ^ MEATLOAF PANINI ^ PEPPERONI PIZZA WEDGE ^ Fresh Apple* Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes</p>	<p>6</p> <p>BAGEL DOG ^ SANTA FE CHICKEN Corn Muffin ^ SAUSAGE PIZZA WEDGE ^ Fresh Banana* Mixed Fruit Cup Pretzel ^ Salad Bar Selections</p>
<p>9</p> <p>NO SCHOOL</p>	<p>10</p> <p>FRENCH TOAST STICKS W/SAUSAGE ^ Syrup DELI SUB SANDWICH ^ Diced Peaches Pineapple Tidbits Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins</p>	<p>11</p> <p>BUFFALO CHICKEN Soft Tortilla ^ MINI CORN DOGS PIZZA DIPPERS Marinara Dipping Sauce Strawberry Applesauce Chocolate Chip Minis ^ Salad Bar Selections</p>	<p>12</p> <p>CHICKEN RANCH FLATBREAD ^ CHEESE PIZZA WEDGE ^ BEAN & CHEESE BURRITO ^ Fresh Apple* Salad Bar Selections</p>	<p>13</p> <p>HAMBURGER Sriracha Ketchup SPICY CHICKEN FILLET Hamburger Bun HUMMUS CUP Pita Bread ^ Mixed Fruit Cup Orange Juice Salad Bar Selections Black Beans</p>
<p>16</p> <p>CHICKEN TENDERS TURKEY SALAMI & CHEESE ON A WHOLE WHEAT BUN ^ Applesauce Cup Diced Pears Vanilla Cookie ^ Salad Bar Selections</p>	<p>17</p> <p>HOT DOG Hot Dog Bun ^ HAMBURGER Hamburger Bun ^ PEPPERONI PIZZA WEDGE ^ Mixed Fruit Cup Cherry Cookie ^ Salad Bar Selections Black Beans Corn</p>	<p>18</p> <p>BBQ FAJITA CHICKEN Hamburger Bun ^ CHEESY PARM WRAP ^ PIZZA DIPPERS Marinara Dipping Sauce Diced Peaches Salad Bar Selections</p>	<p>19</p> <p>BEEF & CHEESE SOFT TACO ^ CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE ^ Breadstick ^ CHEESE PIZZA WEDGE ^ Fresh Apple* Salad Bar Selections Green Pepper Slices</p>	<p>20</p> <p>MEATLOAF PANINI ^ FRENCH TOAST STICKS W/SAUSAGE ^ Syrup CHICKEN NUGGETS Fresh Banana* Pineapple Tidbits Cheddar Sun Chips ^ Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes</p>
<p>23</p> <p>PIZZA DIPPERS ^ Marinara Dipping Sauce TURKEY BOLOGNA SANDWICH ^ Applesauce Cup Salad Bar Selections</p>	<p>24</p> <p>CHICKEN FRIES MACARONI & CHEESE ^ SAUSAGE PIZZA WEDGE ^ Mixed Fruit Cup Pineapple Tidbits Pretzel ^ Salad Bar Selections</p>	<p>25</p> <p>RANCH TURKEY BURGER CRISPY CHICKEN FILLET Hamburger Bun PEPPERONI PIZZA WEDGE Fresh Banana* Multigrain Sun Chips Salad Bar Selections Black Beans</p>	<p>26</p> <p>POPCORN CHICKEN SALISBURY STEAK W/ GRAVY Sliced Bread ^ MINI CORN DOGS Fresh Apple* Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins Croutons</p>	<p>27</p> <p>ROTINI BAKE ^ CHEESE PIZZA WEDGE ^ HAMBURGER Hamburger Bun ^ Fresh Pear* Raspberry Cookies ^ Salad Bar Selections</p>
<p>30</p> <p>CHICKEN NUGGETS TURKEY HAM & CHEESE SANDWICH ^ Diced Pears Orange Juice Corn Muffin ^ Salad Bar Selections</p>	<p>31</p> <p>CHEESE PIZZA WEDGE ^ SLOPPY JOE Hamburger Bun ^ CHEESY PARM WRAP ^ Diced Peaches Salad Bar Selections Green Pepper Slices</p>			

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat



PREFERRED MEALS



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