

OCTOBER



Muroc JUSD Jr.-Sr. High School Lunch

C3S - Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>CHICKEN NUGGETS DELI SUB SANDWICH ^ Diced Pears Corn Muffin ^ Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes</p>	<p>2</p> <p>PEPPERONI PIZZA WEDGE ^ TURKEY BURGER Hamburger Bun Chipotle Ranch BEAN & CHEESE BURRITO ^ Diced Peaches Craisins Salad Bar Selections</p>	<p>3</p> <p>TACO MEAT Shredded Cheddar Cheese Tortilla Rounds ^ BREADED CHICKEN STRIPS ^ TOASTED CHEESE SANDWICH ^ Pineapple Tidbits Vanilla Cookie ^ Salad Bar Selections Black Beans Corn</p>	<p>4</p> <p>HOT DOG Hot Dog Bun ^ PIZZA DIPPERS ^ Marinara Dipping Sauce POPCORN CHICKEN Fresh Apple* Multi Grain Sun Chips ^ Salad Bar Selections</p>	<p>5</p> <p>HAMBURGER Sriracha Ketchup BBQ CHICKEN Hamburger Bun ^ CHEESE PIZZA WEDGE ^ Fresh Banana* Mixed Fruit Cup Salad Bar Selections Pickle Chips Banana Pepper Rings</p>
<p>8</p>	<p>9</p> <p>SALISBURY STEAK W/ GRAVY Sliced Bread ^ (2) POPCORN CHICKEN Breadstick (IW)^ Diced Peaches Salad Bar Selections</p>	<p>10</p> <p>BREADED CHICKEN STRIPS ^ Soft Tortilla ^ (2) BEAN & CHEESE BURRITO ^ TURKEY SALAMI & CHEESE ON A WHOLE WHEAT BUN^ Fresh Banana* Orange Juice Salad Bar Selections Garden Green Peas Fresh Zucchini Coins</p>	<p>11</p> <p>CHILI Corn Muffin ^ PEPPERONI PIZZA WEDGE ^ CHEESY PARM WRAP ^ Fresh Apple* Salad Bar Selections Black Beans</p>	<p>12</p> <p>CRISPY CHICKEN FILLET Hamburger Bun ^ MAC & CHEESE ^ HOT DOG Hot Dog Bun ^ Fresh Pear* Pineapple Tidbits Cheddar Sun Chips ^ Salad Bar Selections</p>
<p>15</p> <p>CORN DOG ON A STICK^ TURKEY HAM & CHEESE SANDWICH ^ Pineapple Tidbits Salad Bar Selections</p>	<p>16</p> <p>FRENCH TOAST STICKS W/SAUSAGE ^ Syrup CHICKEN TENDERS GRILLED CHEESE PANINI ^ Diced Peaches Craisins Vanilla Cookie ^ Salad Bar Selections Green Pepper Slices</p>	<p>17</p> <p>CHEESE PIZZA WEDGE ^ ROTINI BAKE ^ Breadstick (IW)^ SPICY CHICKEN FILLET Hamburger Bun ^ Diced Peaches Salad Bar Selections</p>	<p>18</p> <p>POPCORN CHICKEN Honey Mustard Cup PEPPERONI PIZZA WEDGE ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Fresh Apple* Pumpkin Chocolate Chip Mini Loaf ^ Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes</p>	<p>19</p> <p>BBQ CHICKEN HAMBURGER Hamburger Bun ^ TOASTED CHEESE SANDWICH ^ Fresh Banana* Salad Bar Selections Black Beans Corn</p>
<p>22</p> <p>PIZZA DIPPERS ^ Marinara Dipping Sauce BAGEL DOG ^ SunSet Sip Juice Diced Peaches Fresh Orange* Salad Bar Selections Pickle Chips</p>	<p>23</p> <p>CHICKEN QUESO BURRITO ^ Salsa Cup TACO MEAT Shredded Cheddar Cheese Soft Tortilla ^ PEPPERONI PIZZA WEDGE ^ Fresh Pear* Tortilla Rounds ^ Salad Bar Selections Black Beans</p>	<p>24</p> <p>RANCH TURKEY BURGER CHICKEN PARMESAN Hamburger Bun ^ CHEESY PARM WRAP ^ Pineapple Tidbits Salad Bar Selections</p>	<p>25</p> <p>CHICKEN NUGGETS SALISBURY STEAK W/ GRAVY Sliced Bread ^ 4-CHEESE PANINI ^ Fresh Apple* Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins Croutons</p>	<p>26</p> <p>ROTINI BAKE ^ CHEESE PIZZA WEDGE ^ SPICY CHICKEN FILLET Hamburger Bun ^ Fresh Banana* Mixed Fruit Cup Raspberry Cookies ^ Salad Bar Selections</p>
<p>29</p> <p>BREADED CHICKEN STRIPS ^ DELI SUB SANDWICH ^ Applesauce Cup Chocolate Cookie ^ Salad Bar Selections</p>	<p>30</p> <p>BAGEL DOG ^ CRISPY CHICKEN FILLET Hamburger Bun ^ CHEESE PIZZA WEDGE ^ Mixed Fruit Cup Salad Bar Selections Black Beans Corn</p>	<p>31</p> <p>FRENCH BREAD CHEESE PIZZA^ POPCORN CHICKEN Breadstick (IW)^ TURKEY HAM & CHEESE PANINI ^ Diced Peaches Salad Bar Selections</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

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