

OCTOBER 2016

Auburn High School Menu

MONDAY

Fruit Yogurt Parfait 3

Chicken Nuggets
Corn Dog
Macaroni and Cheese
Carrot Sticks
Green Beans
Banana
Applesauce

10

NO SCHOOL

Fruit Yogurt Parfait 17

Pork Tenderloin Sandwich
Chicken/Noodles/Breadstick
Red Pepper Strips
Green Beans
Banana
Mixed Fruit

Breakfast Pizza 24

Cheese Quesadilla
Breaded Ravioli
Breadstick
Marinated Veg Salad
Peas
Apple Slices
Pears

Fruit/Yogurt Parfait 31

Cheesy Bread
Chicken Strips/Biscuit
Carrot Sticks
French Fries
Kiwi
Peaches

TUESDAY

Tornado 4

Meatloaf
Beef and Noodles
Celery Sticks
Mashed Potatoes
Apple Slices or Pineapple
Chocolate Chip Cookie

11

Tornado

Bosco Sticks
Grilled Chicken
Wild Rice
Peppers/Tomatoes
Carrots
Apple Slices
Pears

18

Tornado

Sloppy Joe
Chicken Fajita
Broccoli Salad
Carrots
Apple Slices
Peaches

25

Tornado

Bosco Sticks
Thai Chicken
Wild Rice
Red Bean Salad
Corn
Banana
Mixed Fruit

WEDNESDAY

French Toast Sticks 5

Spaghetti/Breadstick
Chicken Sandwich
Peppers/Tomatoes
Mixed Vegetables
Kiwi
Pears

12

Pancakes

Lasagna
Sliced Turkey
Hot Roll
Green Beans
Mashed Potatoes
Watermelon
Mandarin Oranges

19

French Toast Sticks

Nachos Grandes
BBQ Pork Sandwich
Mexican Bean Dip
Corn
Kiwi
Applesauce
Peanut Butter Cookie

26

Pancakes

Tator Tot Casserole
Fiesta Chicken Wrap
Breadstick
Carrot Sticks
Mixed Vegetables
Watermelon
Peaches

THURSDAY

Muffin 6

Thai Chicken
Hamburger
Wild Rice
Red Pepper Strips
Corn
Orange Slices
Mixed Fruit

13

Egg Sandwich

Soft Taco
Chicken Bacon Flatbread
Red Bean Salad
Peas
Grapes
Pineapple
Apple Spice Cake

20

NO SCHOOL

27

Egg Sandwich

Chili/Crackers
Grilled Ham and Cheese
Celery Sticks
Oven Brown Potatoes
Grapes
Pineapple
Pumpkin Bar

FRIDAY

Pancake on A Stick 7

Cheesy Bread
Pork Rib Sandwich
Creamy Coleslaw
Baked Beans
Strawberries
Peaches

14

MANAGER'S CHOICE

21

NO SCHOOL

28

MANAGER'S CHOICE

Breakfast items available on a daily basis include cold cereal, nonfat milk (flavored or unflavored) or 1% milk (unflavored), toast, fruit, and juice. Nonfat milk (flavored or unflavored) or 1% milk (unflavored) is available daily at lunch.

Breakfast \$2.00
Lunch \$3.00
Extra Entrée \$1.40
Small Salad \$0.75
Large Salad \$1.40

Salad bar is available daily which includes romaine salad, spinach, broccoli, cauliflower, chickpeas, celery, cucumbers, shredded cheese, tomatoes, sunflower seeds, red onions, whole grain crackers, shredded carrots, and low fat salad dressings. Salad bar menu may vary on a daily basis

DID YOU KNOW...

Kiwi fruit were named after the flightless kiwi bird which is also small, fuzzy, and brown?