

September 2019

OCTORARA HIGH SCHOOL

LUNCH



School Information:

9/2 NO SCHOOL
 9/20 ½ DAY NO LUNCHES SERVED
 9/25 WORLD SCHOOL MILK DAY



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

NO SCHOOL

2

HAPPY LABOR DAY!

Tuesday

CHICKEN NUGGETS W/
 DINNER ROLL OR CHEESESTEAK
 OR DELI SANDWICH OR PB&J
 PEAS, CHOICE OF CONDIMENTS
 MANDARIN ORANGES
 MILK SELECTION

3

Wednesday

TACO'S W/SCOOPS
 OR MEATBALL HOAGIE OR
 DELI SANDWICH OR PB&J
 BAKED BEANS, LETTUCE & TOMATO CUP
 FRUIT SELECTION
 MILK SELECTION

4

Thursday

ASIAN CHICKEN W/RICE OR
 HOT DOGS OR DELI SANDWICH
 OR PB&J OR SALAD,
 OR HUMMUS LUNCH, FRESH VEGGIES,
 CHOICE OF CONDIMENTS, MIXED FRUIT
 OR APPLES, MILK SELECTION

5

Friday

PIZZA BAR OR DELI
 SANDWICH OR PB&J OR
 SALAD OR HUMMUS LUNCH
 BROCCOLI W/CHEESE, APPLE SLICES
 CHOICE OF CONDIMENTS
 MILK SELECTION

6

CHEESEBURGERS OR SPICY
 CHICKEN SANDWICH OR DELI
 SANDWICH OR PB&J OR SALAD
 OR HUMMUS LUNCH, BAKED BEANS
 CHOICE OF CONDIMENTS, APPLES OR
 DICED PEARS, MILK SELECTION

9

BRAVES BOWL(POPCORN
 CHICKEN, POTATOES & CORN)
 W/DINNER ROLL OR CHEESESTEAK OR
 DELI SANDWICH OR PB&J OR SALAD OR
 HUMMUS LUNCH, CORN, BLUEBERRIES
 OR APPLES, CHOICE OF CONDIMENTS
 MILK SELECTION

10

\$4.00 MEAL
SUBWAY SANDWICH
 OR MEATBALL HOAGIE OR DELI
 SANDWICH OR PB&J OR SALAD
 OR HUMMUS LUNCH, VEGGIE TOPPINGS
 STRAWBERRIES OR APPLES, MILK

11

BREAKFAST 4 LUNCH
 FRENCH TOAST STICKS
 W/SYRUP & SAUSAGE OR CHEF'S CHOICE
 OR DELI SANDWICH OR PB&J OR SALAD
 OR HUMMUS LUNCH
 POTATOES, ORANGES OR APPLES
 MILK SELECTION

12

PIZZA BAR OR DELI
 SANDWICH OR PB&J OR
 SALAD OR HUMMUS LUNCH
 MIXED VEGGIES, APPLE SLICES
 CHOICE OF CONDIMENTS
 MILK SELECTION

13

CORNDOGES OR SPICY
 CHICKEN SANDWICH OR DELI
 SANDWICH OR PB&J OR SALAD
 OR HUMMUS LUNCH, BAKED BEANS
 CHOICE OF CONDIMENTS
 MANDARIN ORANGES OR APPLES
 MILK SELECTION

16

CHICKEN PIZZAIOLA
 SANDWICH OR CHEESESTEAK
 OR DELI SANDWICH OR PB&J OR SALAD
 OR HUMMUS LUNCH, GREEN BEANS
 CHOICE OF CONDIMENTS
 APPLE SAUCE OR ORANGES
 MILK SELECTION

17

SOFT SHELLED TACOS OR
 MEATBALL HOAGIE OR DELI
 SANDWICH OR PB&J OR SALAD OR
 HUMMUS LUNCH, SEASONED CHIC PEAS
 LETTUCE & TOMATO CUP
 CHOICE OF CONDIMENTS, APPLES OR
 CHILLY PEACHES, MILK SELECTION

18

POPCORN SHRIMP W/DINNER
 ROLL OR CHEESEBURGER OR
 DELI SANDWICH OR PB&J OR SALAD
 OR HUMMUS LUNCH
 STEAMED CARROTS
 CHOICE OF CONDIMENTS, APPLES OR
 PINEAPPLE TIDBITS, MILK SELECTION

19

1/2 DAY
 NO LUNCH

20

BBQ BEEF RIB PATTY
 SANDWICH OR SPICY CHICKEN
 SANDWICH OR DELI SANDWICH OR
 PB&J OR SALAD OR HUMMUS LUNCH
 CORN, CHOICE OF CONDIMENTS
 DICED PEARS OR APPLES
 MILK SELECTION

23

ASIAN CHICKEN W/RICE OR
 CHEESESTEAK OR DELI
 SANDWICH OR PB&J OR SALAD OR
 HUMMUS LUNCH, PEAS
 CHOICE OF CONDIMENTS
 PEACHES OR APPLES
 MILK SELECTION

24

QUESADILLA OR
 MEATBALL HOAGIE OR DELI
 SANDWICH OR PB&J OR SALAD OR
 HUMMUS LUNCH, GREEN BEANS
 CHOICE OF CONDIMENTS
 MIXED FRUIT OR APPLES
 MILK SELECTION

25

SAUSAGE & CHEESE SLIDERS
 OR CHEF'S CHOICE OR DELI
 SANDWICH OR PB&J OR SALAD OR
 HUMMUS LUNCH, BABY CARROTS
 CHOICE OF CONDIMENTS
 GRAPES OR APPLES
 MILK SELECTION

26

PIZZA BAR OR DELI
 SANDWICH OR PB&J OR SALAD
 OR HUMMUS LUNCH
 FRESH BROCCOLI
 CHOICE OF CONDIMENTS
 APPLE SLICES
 MILK SELECTION

27

MAC & CHEESE OR SPICY
 CHICKEN SANDWICH OR DELI
 SANDWICH OR PB&J OR SALAD OR
 HUMMUS LUNCH, STEWED TOMATOES
 BAKED BEANS, MANDARIN ORANGES
 MILK SELECTION

30

