

# OCTOBER 2019 Schalmont High School

Served Daily  
Assorted Fresh & Canned Fruit  
Assorted Milk & Juice  
Join us for Breakfast

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**1**  
Homemade Chili  
Served over Rice w/Cheese and  
Fresh Cornbread or  
Ham & Cheese on a Bagel  
Garlic Green Beans  
Fresh Celery w/LF Ranch

**2**  
Pizza & Wing Day  
Fresh Garden Salad  
w/ Homemade Italian  
Dressing

**3**  
Baked Potato Bar w/Meat,  
Cheese & Sour Cream or  
Crispy Chicken Sandwich  
w/ Lettuce & Tomato  
Steamed Broccoli  
Cucumber Slices w/LF Ranch

**4**  
French Toast Sticks  
w/ Sausage & Syrup or  
Bacon Cheeseburger  
w/ The Works  
Tater Tots  
Fresh Veggies w/LF Ranch

**7**  
Chicken Tenders w/BBQ Sauce  
BBQ Baked Beans  
Fresh Carrots w/LF Ranch

**8**  
Taco Salad w/Lettuce,  
Cheese, Salsa, Sour Cream &  
Jalapeno  
Rice  
Black Bean & Corn Salad

**9**  
Personal Pan  
Pizza  
Chicken Wing Dip over Chips  
Fresh Salad w/Homemade  
Italian Dressing

**10**  
Mozzarella Sticks w/Marinara  
Sauce or  
2-Nathan Hot Dogs w/The  
Works  
Green Beans  
Fresh Broccoli w/LF Ranch

**11**  
Meatball Sub w/Cheese or  
Crispy Buffalo Chicken Sandwich  
w/Lettuce & Tomato  
French Fries  
Fresh Veggies w/LF Ranch

**14**  
NO SCHOOL TODAY

**15**  
Popcorn Chicken  
w/ BBQ Sauce  
Corn  
Fresh Carrots w/LF Ranch

**16**  
Bosco Sticks  
w/ Marinara Sauce  
Fresh Garden Salad w/  
Homemade Italian Dressing

**17**  
Chicken Parm Dinner  
w/Penne Pasta  
Fresh Salad  
Green Beans  
Garlic Bread

**18**  
Cowboy Burger  
w/ Sauteed Onions, Cheddar  
Cheese & BBQ Sauce or  
FF Boat w/ Meat & Cheese  
Fresh Veggies w/LF Ranch

**21**  
Chicken Tenders  
w/ BBQ Sauce  
Smile Fries  
Fresh Carrots w/LF Ranch

**22**  
2-Taco's  
w/Meat, Cheese, Lettuce,  
Salsa & Sour Cream  
Refried Beans w/Cheese  
Fresh Celery w/LF Ranch

**23**  
French Bread  
Pizza  
Fresh Garden Salad w/  
Homemade Italian Dressing

**24**  
Chicken & Cheese  
Quesadilla  
w/ Salsa & Sour Cream or  
Bacon Cheeseburger w/The  
Works  
Fresh Broccoli w/LF Ranch

**25**  
Turkey w/Gravy  
Over Mashed Potatoes  
Corn  
Stuffing  
Cranberry Sauce  
Fresh Veggies w/LR Ranch

**28**  
Popcorn Chicken  
w/ BBQ Sauce  
Green Beans  
Fresh Carrots w/LF Ranch

**29**  
French Toast Sticks  
w/Sausage & Syrup  
Bacon Cheeseburger w/The  
Works  
Tater Tots  
Fresh Celery w/LF Ranch

**30**  
Pizza & Wing Day  
Fresh Garden Salad  
w/ Homemade Italian  
Dressing

**31**  
Mozzarella Sticks w/  
Marinara Sauce  
Steamed Carrots  
Fresh Broccoli w/LF ranch

Available Daily: Wrap Bar-Choose Wrap (Plain, Whole Wheat, Garlic, Tomato or Jalapeno Cheddar, Meats Available: Ham, Turkey, Salami, Roast Beef & Tuna

Cheese: American, Provolone & Shredded Cheddar

Pizza, Cheeseburger, Chicken Patty, Buffalo Chicken Patty & French Fries – Menu Subject to Change

**MY SCHOOL BUCKS** PAY FOR MEALS ONLINE  
MySchoolBucks.com