

# October 2018



## Message from Chef Julie

Check out our spooky  
Halloween menu on  
October 31st!

Follow Chef Julie on  
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Monday	Tuesday	Wednesday	Thursday	Friday
<b>High School Open House</b> <b>No Lunch Service</b> <b>1</b>	<b>Breakfast:</b> <i>Choc. Muffins, Breakfast Pizza</i> <b>2</b> <b>Lunch:</b> <i>Fried Rice and Broccoli (E, V)</i> Homemade Soup Salad/Sandwich Bar (V*)	<b>Breakfast:</b> <i>Bagels, Scrambled Eggs, Bacon</i> <b>3</b> <b>Lunch:</b> <i>Taco Day!! (E, V*)</i> Homemade Soup Salad/Sandwich Bar (V*)	<b>Breakfast:</b> <i>Choc. Muffins, Breakfast Pizza</i> <b>4</b> <b>Lunch:</b> <i>Cheese Ravioli with Pesto, Garlic Bread and Green Beans (E,V)</i> Homemade Soup Salad/Sandwich Bar (V*)	<b>NO SCHOOL</b> <b>5</b>
<b>NO SCHOOL</b> <b>8</b>	<b>Breakfast:</b> <i>Choc. Muffins, Breakfast Pizza</i> <b>9</b> <b>Lunch:</b> <i>Teriyaki Chicken, Cucumber Salad, and Jasmine Rice (E)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)	<b>Breakfast:</b> <i>Bagels, Scrambled Eggs, Bacon</i> <b>10</b> <b>Lunch:</b> <i>Pasta Day!! (E, V*) w/Caesar Salad</i> Homemade Soup (V) Salad/Sandwich Bar (V*)	<b>Breakfast:</b> <i>Choc. Muffins, Breakfast Pizza</i> <b>11</b> <b>Lunch:</b> <i>Turkey Sloppy Joes, Local Corn on the Cob, Roasted Sweet Potatoes (E)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)	<b>Breakfast:</b> <i>Bagels, Scrambled Eggs, Bacon</i> <b>12</b> <b>Lunch:</b> <i>Pizza with Caesar Salad and Cucumber Sticks (E, V)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)
<b>Breakfast:</b> <i>Bagels, Scrambled Eggs, Bacon</i> <b>15</b> <b>Lunch:</b> <i>Macaroni and Cheese with Broccoli and Local Apples (E, V)</i> Homemade Soup Salad/Sandwich Bar (V*)	<b>Breakfast:</b> <i>Choc. Muffins, Breakfast Pizza</i> <b>16</b> <b>Lunch:</b> <i>Hamburger, Cheeseburger or Vegan Burger w/ French Fries and Slaw (E, V*)</i> Homemade Soup Salad/Sandwich Bar (V*)	<b>Breakfast:</b> <i>Bagels, Scrambled Eggs, Bacon</i> <b>17</b> <b>Lunch:</b> <i>Bi Bim Bap Mix It Up Jasmine Rice Bowl Bar!! (E, V*)</i> Homemade Soup Salad/Sandwich Bar (V*)	<b>Breakfast:</b> <i>Choc. Muffins, Breakfast Pizza</i> <b>18</b> <b>Lunch:</b> <i>Chicken Fingers w/Mashed Potatoes &amp; Local Roasted Carrots (E)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)	<b>Breakfast:</b> <i>Bagels, Scrambled Eggs, Bacon</i> <b>19</b> <b>Lunch:</b> <i>Souvlaki Chicken with Greek Salad and Whole Wheat Pita (E, V)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)
<b>Breakfast:</b> <i>Bagels, Scrambled Eggs, Bacon</i> <b>22</b> <b>Lunch:</b> <i>First Light Farms Cheese Quesadilla, Spanish Rice, Green Salad (E, V)</i> Homemade Soup Salad/Sandwich Bar (V*)	<b>Breakfast:</b> <i>Choc. Muffins, Breakfast Pizza</i> <b>23</b> <b>Lunch:</b> <i>Southwest Chicken Salad, Black Beans, Corn, Ranch Dressing, and Cornbread (E, V*)</i> Homemade Soup Salad/Sandwich Bar (V*)	<b>Breakfast:</b> <i>Bagels, Scrambled Eggs, Bacon</i> <b>24</b> <b>Lunch:</b> <i>Sub Day!! (E)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)	<b>Breakfast:</b> <i>Choc. Muffins, Breakfast Pizza</i> <b>25</b> <b>Lunch:</b> <i>Cheese Ravioli with Pesto, Garlic Bread and Green Beans (E,V)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)	<b>Breakfast:</b> <i>Bagels, Scrambled Eggs, Bacon</i> <b>26</b> <b>Lunch:</b> <i>Breakfast for Lunch! French Toast with Bacon, Local Maple and Fruit Smoothies (E, V)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)
<b>Breakfast:</b> <i>Bagels, Scrambled Eggs, Bacon</i> <b>29</b> <b>Lunch:</b> <i>Stuffed Baked Potato with Turkey Chili, Broccoli and Cheddar (E, V*)</i> Homemade Soup Salad/Sandwich Bar (V*)	<b>Breakfast:</b> <i>Choc. Muffins, Breakfast Pizza</i> <b>30</b> <b>Lunch:</b> <i>Pizza with Caesar Salad and Cucumber Sticks (E, V)</i> Homemade Soup Salad/Sandwich Bar (V*)	<b>Breakfast:</b> <i>Bagels, Scrambled Eggs, Bacon</i> <b>31</b> <b>Lunch:</b> <i>Bat (Chicken) Wings, Vampire Blood (Tomato) Soup, Scream (Green) Beans (E, V)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)		

**E=Main Entrée (incl. milk or water)**  
**V=Vegetarian Option**  
**V\*=Vegan Option**

**All menu items available a la carte.**  
**Available Daily:** Fruit, milk/filtered water, chips, cookies, ice cream (gr. 5-12)  
**Tues.:** Cookies (1-4 gr.)  
**Tues. & Thurs.:** French Fries (HS only)  
**Thurs.:** French Fries (gr. 5-8)  
**Fri.:** Ice cream (1-4 gr.)