

SHS Hot Lunch Menu by DElectable BBQ & Catering

October 2018

Daily Lunch Options

Baked Potato Bar w/entree sides \$5.15

8" Turkey & Cheese Sub Sandwich or Ham & Cheese Sub Sandwich with Chips \$6.00

BBQ Chicken Wrap with Chips \$6.00

Caesar Salad-\$5.15 Chicken Caesar Salad-\$6.00 House Green Salad with Ranch or Balsamic Vinaigrette-\$5.15 Cobb Salad-\$6.00

Monday	Tuesday	Wednesday	Thursday	Friday
1	Taco Tuesday 2	3	4	5
Pulled Pork Sandwich Baked Beans Apple Sauce Cookie Gluten & Dairy	Chicken Soft Tacos Cilantro Lime Rice Black Beans Churro Gluten & Dairy	Nonna's Homemade Meatball Sub Fresh Fruit Brownie Gluten & Dairy	Cheeseburger Sweet Potato Fries Mini Yogurt Parfait Gluten & Dairy	Fresh-Made Cheese Pizza Cheese or Pepperoni Fresh Fruit Cookie Gluten & Dairy
8	9	10	11	12
Chicken Noodle Soup Dinner Roll Fresh Fruit Cookie Gluten & Dairy	Scratch Made Mac-n-Cheese Fresh Fruit Cookie Gluten & Dairy	Penne Pasta with Nonna's Homemade Meat Sauce or Butter Noodles Veggies with Ranch Roll & Brownie	Hot Cakes Sausage Links Fresh Fruit Gluten & Dairy	NO SCHOOL
15	Taco Tuesday 16	17	18	19
NO SCHOOL	Chicken Burrito Bowl Black Beans Chips & Salsa Churro Gluten & Dairy	Nonna's Homemade Meatball Sub Fresh Fruit Brownie Gluten & Dairy	Cheeseburger Sweet Potato Fries Mini Yogurt Parfait Gluten & Dairy	Fresh-Made Cheese Pizza Cheese or Pepperoni Fresh Fruit Cookie Gluten & Dairy
22	23	24	25	26
Fresh Made Chicken Tenders Corn Applesauce Cookie Gluten & Dairy	Cheese Quesadilla Black Beans Chips & Salsa Churro Gluten & Dairy	Penne Pasta with Nonna's Homemade Meat Sauce or Butter Noodles Veggies with Ranch Roll & Brownie	Hot Cakes Sausage Links Fresh Fruit Gluten & Dairy	Teriyaki Chicken Bowl Brown Rice Mandarin Oranges Cookie Gluten & Dairy
29	30	31	11/1	11/2
Grilled Cheese Tomato Soup Fresh Fruit Cookie Gluten & Dairy	Chicken Yakisoba Mandarin Oranges Cookie Gluten & Dairy	Jack-O-Lantern Quesadilla Black Beans Chips & Salsa Halloween Treat Gluten & Dairy	Cheeseburger Sweet Potato Fries Mini Yogurt Parfait Gluten & Dairy	Fresh-Made Cheese Pizza Cheese or Pepperoni Fresh Fruit Cookie Gluten & Dairy

Gluten Free & Dairy Free Hot Lunch Options are available