



Arlene's October 2026 High School Lunch Menu

<i>Carbs listed for each item in blue font. Fresh fruits and vegetables may vary due to availability. Please check with your lunch server daily.</i>	<i>Chef, Taco, Buffalo Chicken and Southwestern Salad option available every day. Salads are served with daily vegetable and fruit.</i>		1 Spaghetti & Meatballs Spaghetti Pasta (1/4c) 30 Marinara (1/4r) 6 Meatballs (7 = 2m) 8 WG Roll (1wg) 16; Chz Its (1wg) 14 Carrot Sticks (3/4c) 0 Cantaloupe (1/2c) 8 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	2 Turkey Pepperoni Pizza Turkey Pep Pizza (2m/2wg) 33 Green Beans (1c) 7 Graham Crackers (0.5wg) 11 Banana (1/2c) 18 Apple (1/2c) 25 Choc/White Milk (1c) 19/13
5 Chicken Patty on WG Bun WG Chicken Patty (2m/1wg) 13 WG Bun (1.75wg) 25 Corn (1c) 21 Graham Crackers (0.5wg) 11 Apple (1/2c) 25 100% Fruit Juice (1/2c) 14 Choc/White Milk (1c) 19/13	6 Taco Tuesday Ground Beef Crumbles (1m) 1 Refried Beans (3/4c) 36 Carrot Sticks (1/2r) 0 Cheddar Cheese (1m) 0 WG Nacho Chips (1wg) 19 Banana (1/2c) 18; Apple (1/2c) 25 Cheez Its (1wg) 14 Choc/White Milk (1c) 19/13	7 Pancakes & Sausage Turkey-Sausage Links (2 = 2m) 1 Eggo Pancakes (2 = 2g) 30 Syrup Cup 29 Sliced Cucumbers (1c) 3 Banana (1/2c) 18 100% Fruit Juice (1/2c) 14 Choc/White Milk (1c) 19/13	8 Chicken Pasta Alfredo Penne Pasta (1/4c) 30 Grill Chicken Strips (3oz= 2m) 19 Alfredo Sauce 6 WG Roll (1wg) 16; Chz Its (1wg) 14 Broccoli (1c) 5 Apple (1/2c) 25; Craisins (1/2c) 28 Choc/White Milk (1c) 19/13	9 Bosco Sticks Bosco Sticks (2 = 2m/2wg) 33 Marinara Pack (2 = 1/4r) 8 Graham Crackers (0.5wg) 11 Mango Veg Juice (1/2c) 14 Carrot Sticks (1/2c) 0 Honeydew (1/2c) 8 Apple (1/2c) 25 Choc/White Milk (1c) 19/13
Fall Break-No School Mon. Oct 12th-Fri. Oct 16th 				16 Boneless Wings Boneless Chkn (4oz=2m,1wg) 19 BBQ Sauce (2 tbsp) 18 Bear Cracker (1wg) 21 Broccoli (1c) 5 Banana (1/2c) 18 100% Fruit Juice (1/2c) 14 Choc/White Milk (1c) 19/13
19 Chicken Taquitos Chicken Taquitos (1=2m,2wg) 24 Baked Beans (1c) 45 Goldfish Pretzels (1wg) 16 Apple (1/2c) 25 100% Fruit Juice (1/2c) 14 Choc/White Milk (1c) 19/13	20 Chicken Patty on WG Bun WG Chicken Patty (2m/1wg) 13 WG Bun (1.75wg) 25 Corn (1c) 21 Graham Crackers (0.5wg) 11 Watermelon (1/2c) 21 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	21 Pancakes & Sausage Turkey-Sausage Links (2 = 2m) 1 Eggo Pancakes (2 = 2g) 30 Syrup Cup 29 Sliced Cucumbers (1c) 3 Banana (1/2c) 18 100% Fruit Juice (1/2c) 14 Choc/White Milk (1c) 19/13	22 Chicken Pasta Alfredo Penne Pasta (1/4c) 30 Grill Chicken Strips (3oz= 2m) 19 Alfredo Sauce 6 WG Roll (1wg) 16; Chz Its (1wg) 14 Broccoli (1c) 5 Apple Crisps (1/2c) 10; Apple 25 Choc/White Milk (1c) 19/13	23 Bosco Sticks Bosco Sticks (2 = 2m/2wg) 33 Marinara Pack (2 = 1/4r) 8 Graham Crackers (0.5wg) 11 Cherry Veg Juice (1/2c) 13 Carrot Sticks (1/2c) 0 Pineapple (1/2c) 10 Apple (1/2c) 25 Choc/White Milk (1c) 19/13
26 Chicken Tenders WG Chicken Tenders (3 = 2m, 1wg) 13 Baked Beans (1c) 45 Goldfish Pretzels (1wg) 16 Apple Crisps (1/2c) 10 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	27 Cheesy Fiesta Burrito Taco Meat, Rice & Cheese Burrito (2m/2g) 50 Corn (1c) 21 Graham Crackers (0.5wg) 11 Watermelon (1/2c) 21 100% Fruit Juice (1/2c) 14 Choc/White Milk (1c) 19/13	28 Teriyaki Chicken w Rice Popcorn Chicken (4oz = 2m) 19 Rice (1/2c = 1oz) 29 Teriyaki Glaze (2 tbsp) 9 Sliced Cucumbers (1c) 3 Banana (1/2c) 18 Fortune Cookie 4; Chz Its (1wg) 14 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	29 Baked Pasta & Meat Sauce Cavatappi Pasta (1/4c) 30 Marinara (1/4r) 6 Turkey Crumbles (1m) 0 Mozzarella Cheese (1m) 0 WG Roll (1wg) 16; Chz Its (1wg) 14 Carrot Sticks (3/4c) 0 Apple (1/2c) 25; Banana (1/2c) 18 Choc/White Milk (1c) 19/13	30 Boneless Wings Boneless Chkn (4oz=2m,1wg) 19 BBQ Sauce (2 tbsp) 18 Bear Cracker (1wg) 21 Broccoli (1c) 5 Banana (1/2c) 18 100% Fruit Juice (1/2c) 14 Choc/White Milk (1c) 19/13

