

Schalick High School

October 2018

**Lunch: \$3.00 Reduced: \$.40
Adult: \$4.50**



Made to Order Sandwiches Daily
*Featuring Whole Wheat Wraps,
Whole Wheat Sliced Bread, and Club Rolls.*
All meals include Sides & Milk

10/1 Bosco Cheese Breadsticks w/Marinara & Glazed Carrots	10/2 Roasted Chicken in a Basket w/Golden Corn	10/3 Macaroni & Cheese w/Breadstick Sautéed Broccoli & Baby Carrots	10/4 Taco Day w/ Refried Beans	10/5 CLOSED Staff In-Service
10/8 CLOSED Columbus Day	10/9 Crispy Chicken Bowl w/Golden Corn	10/10 ½ Day No Lunch	10/11 Boneless Chicken Wings w/ Smile Fries	10/12 Hot Dog Bar w/Cucumber Slices & Baby Carrots
10/15 Grilled Cheese w/ Tomato Soup & Steamed Carrots	10/16 General Tso's Chicken w/Brown Rice	10/17 Homemade Baked Ziti w/Breadstick Steamed Spinach & Carrot Sticks	10/18 Chicken & Cheese Taquito's w/Golden Corn	10/19 BBQ Pulled Pork Sandwich w/Green Beans and Carrot Planks
10/22 French Toast Sticks w/Sausage & Sautéed Carrots	10/23 Loaded Tater Tots w/Chili & Cheese Corn Muffin & Golden Corn	10/24 Pasta & Meatballs w/Breadstick Steamed Broccoli & Carrot Sticks	10/25 Chicken & Waffles w/Southwest Black Beans	10/26 Corn Dog w/Celery Sticks and Carrot Planks
10/29 Sausage, Egg & Cheese Bagel w/Steamed Carrots	10/30 Poppin' Popcorn Chicken w/French Fries	10/31 Pasta & Italian Meat Sauce w/Breadstick Steamed Spinach & Carrot Sticks	Menu Subject to Change Food Service Office: (856) 358-2054 x4108	All meals include Fruit, Vegetables & Milk

SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Fruits & Canned Fruits, Vegetables, 1% or Non Fat Milk
Included with all meals.



Tuesday & Thursday

Made to Order Tacos and Nachos
All Meals include Sides & Milk



WEEKLY CHOICES

Monday – Buffalo Chicken Salad or Chicken Caesar Salad
Tuesday – Chicken Caesar Salad
Wednesday – Buffalo CK Salad or Chicken Caesar Salad
Thursday – Chicken Caesar Salad
Friday – Buffalo Chicken Salad or Chicken Caesar Salad
All meals include Sides & Milk



EVERYDAY CHOICES

Hamburger/Cheese Burger/Chicken Patty
WEEKLY CHOICES
Monday – Chicken Tenders
Tuesday – Meatball Sub
Wednesday – Chicken Tenders
Thursday – Ham & Cheese Pretzel Melt
Friday – Chicken Tenders
All meals include Sides & Milk



EVERYDAY CHOICES

Cheese or Pepperoni Pizza. Include Sides & Milk.
All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts.



**Vegetarian
Smart Pick**

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium, & calories.