

MASSEY HILL/RAMSEY HIGH MENUS – OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">10-2</p> <p>Pancake/Sausage On Stick OR Cinnamon Roll Seasonal Fresh Fruit</p> <p>Beef & Cheese Nachos OR Southwest Chicken Salad w/Chips Salsa Green Beans Fiesta Black Beans Chilled Strawberries Fresh Pears</p>	<p style="text-align: right;">10-3</p> <p>Chicken Biscuit OR Honey Bun Seasonal Fresh Fruit</p> <p>Chicken Tenders & Waffles OR Yogurt Parfaits OR Rib B Que OR Popcorn Chicken Salad w/Roll French Fries Steamed Broccoli Chilled Diced Peaches Fresh Plums</p>	<p style="text-align: right;">10-4</p> <p>Breakfast Taco OR Mini Donuts Seasonal Fresh Fruit</p> <p>Sweet Thai Chili Chicken w/Rice OR Pizzeria Pizza <i>OPTIONAL: Popcorn Chicken Salad w/Roll</i> California Blend Stir-Fry Mixed Garden Salad Chilled Diced Pears Fresh Apples</p>	<p style="text-align: right;">10-5</p> <p>Egg & Cheese Biscuit OR French Toast Sticks Seasonal Fresh Fruit</p> <p>Ultimate Chicken Sandwich OR Cheeseburger/Hamburger On Bun OR Popcorn Chicken Salad w/Roll French Fries Savory Carrots Lettuce Leaf & Sliced Tomato & Pickles Chilled Applesauce Variety Fresh Oranges</p>	<p style="text-align: right;">10-6</p> <p>Breakfast Pizza OR School Spirit Ring Seasonal Fresh Fruit</p> <p>Buffalo Chicken Flatbread OR Fish Nuggets w/Hushpuppies Sweet Potato Chunks Seasoned Corn Fresh Bananas Chilled Mandarin Oranges</p>
<p style="text-align: right;">10-9</p> <p>Breakfast Bites OR Banana/Berry/Pumpkin Bread Seasonal Fresh Fruit</p> <p style="text-align: center;"><u>MEAT LOVERS MONDAY</u></p> <p>Meat Lovers Pizza OR Taco Salad w/Tostito Chips Salsa Seasoned Corn Baby Carrots w/Dip Chilled Pineapple Fresh Pears</p>	<p style="text-align: right;">10-10</p> <p>Sausage Biscuit OR French Toast Sticks Seasonal Fresh Fruit</p> <p>Cheese Dunkers w/Marinara Sauce OR Sloppy Joe On Bun OR Chef Salad w/Roll French Fries BBQ Baked Beans Broccoli Salad Chilled Peaches Fresh Grapes</p> <p style="text-align: center;">NATIONAL</p>	<p style="text-align: right;">10-11</p> <p>Breakfast Parfait OR Mini Donuts Seasonal Fresh Fruit</p> <p>Teriyaki Chicken w/Rice OR Meatball Sub <i>OPTIONAL: Chef Salad w/Roll</i> Stir Fry California Blend Mixed Garden Salad Chilled Tropical Fruit Fresh Apples</p> <p style="text-align: center;">SCHOOL LUNCH</p>	<p style="text-align: right;">10-12</p> <p>Chicken Biscuit OR Cinnamon Roll Seasonal Fresh Fruit</p> <p>Corn Dog Nuggets OR Beef-a-Roni w/Hot Roll OR Chef Salad w/Roll Glazed Carrots Seasoned Squash Chilled Strawberries Fresh Plums</p> <p style="text-align: center;">WEEK</p>	<p style="text-align: right;">10-13</p> <p>Pizza Bagel OR School Spirit Ring Seasonal Fresh Fruit</p> <p>Chicken Nuggets w/Hot Roll OR Meatballs & Gravy w/Hot Roll Mashed Potatoes with or without Gravy Green Beans Chilled Mandarin Oranges Fresh Bananas</p> <p style="text-align: center;">CANCER AWARENESS</p>
<p style="text-align: right;">10-16</p> <p>Belgium Waffles OR Fruit Frudel Seasonal Fresh Fruit</p> <p>Chicken & Rice Casserole OR Pork Chop On Bun Roasted Sweet Potatoes Green Peas Chilled Strawberries Fresh Plums</p>	<p style="text-align: right;">10-17</p> <p>Egg & Cheese Biscuit OR French Toast Sticks Seasonal Fresh Fruit</p> <p>Beefy Tacos w/Cheese OR Chicken Fajitas OR Southwest Chicken Salad w/Chips Mexican Rice Fiesta Black Beans Seasoned Corn Shredded Lettuce & Salsa Chilled Diced Peaches Farm Fresh Apples</p>	<p style="text-align: right;">10-18</p> <p>Ham & Cheese Flatbread OR Mini Donuts Seasonal Fresh Fruit</p> <p>Salisbury Steak & Gravy w/Hot Roll OR Popcorn Chicken w/Hot Roll <i>OPTIONAL: Southwest Chicken Salad w/Chips</i> Mashed Potatoes Seasoned Collard Greens Chilled Mixed Fruit Sourlicious Raisins</p>	<p style="text-align: right;">10-19</p> <p>Sausage Biscuit OR Banana/Berry/Pumpkin Bread Seasonal Fresh Fruit</p> <p>Fiesta Chicken & Cheese Potato w/Roll OR Beef Fiestada OR Southwest Chicken Salad w/Chips Glazed Carrots Seasoned Cabbage Chilled Pineapple Fresh Pears</p>	<p style="text-align: right;">10-20</p> <p>Mini Pancakes OR School Spirit Ring Seasonal Fresh Fruit</p> <p>Hot Dog and Chili OR Supreme Personal Pizza French Fries BBQ Baked Beans Creamy Coleslaw Chilled Mandarin Oranges Fresh Bananas Manager's Choice Pudding</p>
<p style="text-align: right;">10-23</p> <p>Pancake/Sausage On Stick OR Cinnamon Roll Seasonal Fresh Fruit</p> <p>Beef & Cheese Nachos OR Southwest Chicken Salad w/Chips Salsa Fiesta Black Beans Seasoned Corn Chilled Strawberries Fresh Pears</p>	<p style="text-align: right;">10-24</p> <p>Chicken Biscuit OR Honey Bun Seasonal Fresh Fruit</p> <p>Chicken Tenders & Waffles OR Yogurt Parfaits OR Rib B Que OR Popcorn Chicken Salad w/Roll Peas & Carrots French Fries Chilled Diced Peaches Fresh Plums</p>	<p style="text-align: right;">10-25</p> <p>Breakfast Taco OR Mini Donuts Seasonal Fresh Fruit</p> <p>Sweet Thai Chili Chicken w/Rice OR Deli Turkey & Ham On Flatbread <i>OPTIONAL: Popcorn Chicken Salad w/Roll</i> California Blend Stir-Fry Mixed Garden Salad Baked Pears Fresh Apples Fresh Baked Cookie</p>	<p style="text-align: right;">10-26</p> <p>Egg & Cheese Biscuit OR French Toast Sticks Seasonal Fresh Fruit</p> <p>Cheeseburger/Hamburger On Bun OR Ultimate Chicken Sandwich OR Popcorn Chicken Salad w/Roll French Fries Carrots w/Dip Lettuce Leaf & Sliced Tomato & Pickles Chilled Applesauce Variety Fresh Oranges</p>	<p style="text-align: right;">10-27</p> <p>Breakfast Pizza OR School Spirit Ring Seasonal Fresh Fruit</p> <p>Buffalo Chicken Flatbread OR Fish Nuggets w/Hushpuppies Sweet Potato Chunks Steamed Broccoli Creamy Coleslaw Fresh Bananas Chilled Mandarin Oranges</p>
<p style="text-align: right;">10-30</p> <p>NO SCHOOL</p>	<p style="text-align: right;">10-31</p> <p>Breakfast Bites OR French Toast Sticks Seasonal Fresh Fruit</p> <p>Cheese Dunkers w/Marinara Sauce OR Sloppy Joe On Bun OR Chef Salad w/Roll Sweet Potato Fries Seasoned Pintos Chilled Peaches Chilin' Bat Fruit Ice</p>			

Cereal, graham crackers, juice, fruit variety are available daily for breakfast
Check with the cafeteria for the availability of assorted muffins and toaster pastries

Flavored and unflavored skim milk is available daily for breakfast and lunch

This institution is an equal opportunity provider