

# October 2019

## HCHS

### LUNCH



**SERVED DAILY: MILK, FRUIT, AND  
CONDIMENTS AS NEEDED.**



**Nutrition Tip:** Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

Reference: USDA MyPlate



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Chicken Sandwich  
Fries  
Lettuce/Tomato

1

Quesadilla  
Corn  
Side Salad w/ Ranch  
Salsa

2

Chicken Egg Rolls  
Oriental Rice  
Side Salad w/Ranch

3

NO SCHOOL

4

Chicken Nuggets  
Mash Potatoes  
Broccoli

7

Hamburger  
Fries  
Lettuce/Tomato

8

Beef Nacho  
Tortilla Chips  
Corn  
Side Salad w/Ranch

9

Chicken Noodle  
Peas & Carrots  
Side Salad w/Ranch

10

Corn Dog  
Mac & Cheese  
Baked Beans  
Carrot W/Ranch

11

Stuff Crust Pizza  
Side Salad w/ Ranch  
Broccoli w/ Ranch

14

Chicken Sandwich  
Fries  
Lettuce/Tomato

15

Burrito  
Corn  
Side Salad w/ Ranch

16

Salisbury Steak  
Mash Potatoes  
Green Beans  
Roll

17

Chicken & Waffle  
Baked Beans  
Carrots w/ Ranch

18

Chicken Nuggets  
Mash Potatoes  
Broccoli

21

Hamburger  
Fries  
Lettuce/Tomato

22

Taco Salad  
Tortilla Chips  
Corn  
Lettuce

23

Cherry Blossom Chicken  
Oriental Rice  
Side Salad w/ Ranch

24

Hot Dog  
Chips  
Baked Beans  
Carrots w/ Ranch

25

Stuff Crust Pizza  
Side Salad w/ Ranch  
Broccoli w/ Ranch

28

Chicken Sandwich  
Fries  
Lettuce/Tomato

29

NO SCHOOL  
FALL BREAK

30

NO SCHOOL  
FALL BREAK

31

